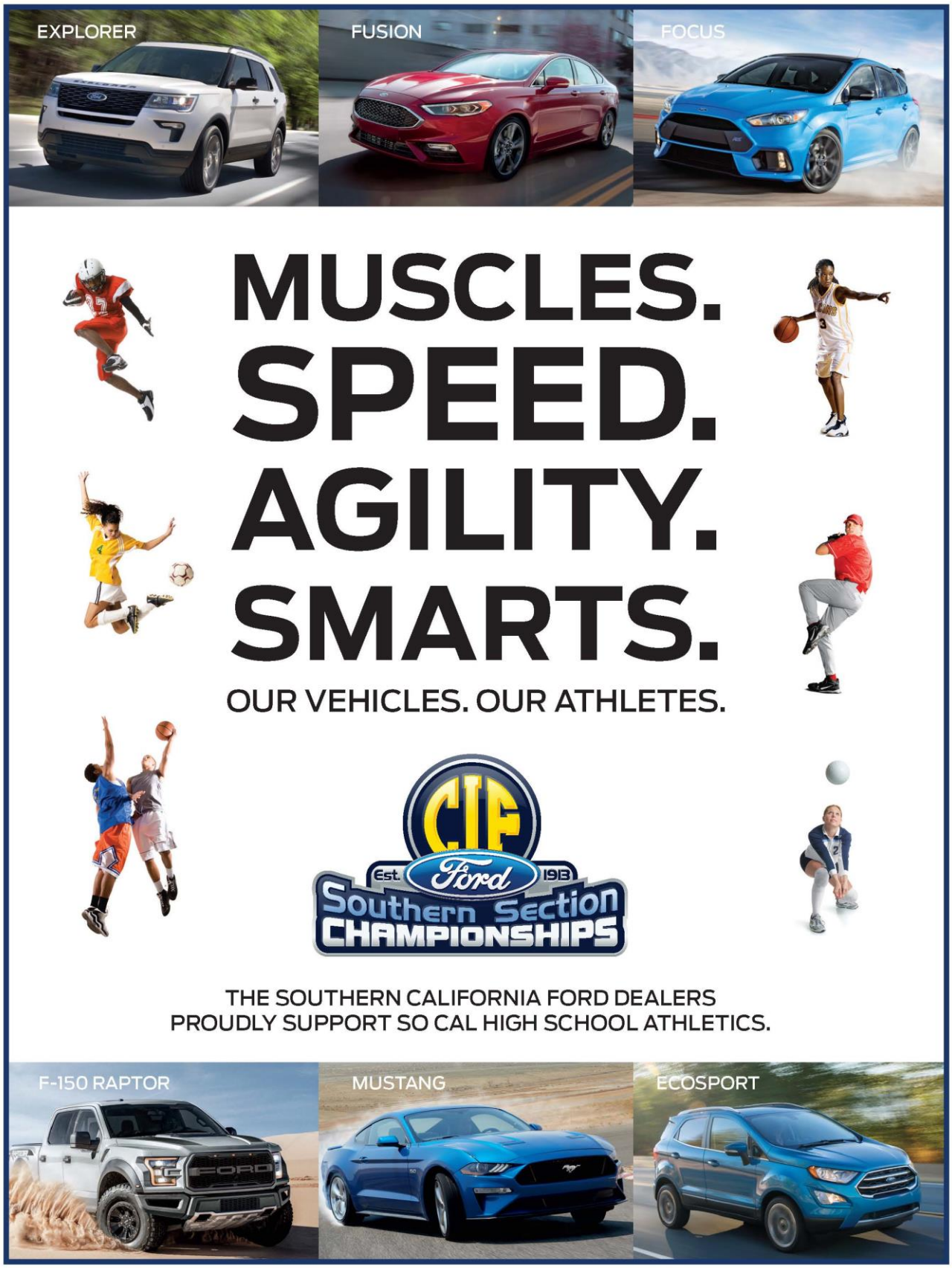
2019-2020

BOYS TENNIS PREVIEW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2019-2020 BOYS TENNIS SEASON PREVIEW

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ADVISORY COMMITTEE MEMBERS

Over the past years, the CIF-SS Office has worked with the concept of establishing advisory committees in virtually all the sports for boys and girls. This program is being continued into the 2019-2020 school term. The role of the advisory committee, comprised of coaches in the respective sport and an administrator from the CIF-SS Office, may include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or officials' organizations
7. Liaison between coaches and CIF-SS Office
8. Coordination of weekly Top Ten Poll - Although every effort is made to be as accurate as possible with the Top Ten selections, it should be realized that the poll is published to create interest in the sport and is dependent upon coaches' input. It is understood that this is a coaches' poll and that no students or parents are involved with the poll.

If you have suggestions or questions, please make use of this excellent channel of communication and pass them along to one of the committee members. We will be meeting on a regular basis during the current tennis season and your items will become part of our agenda.

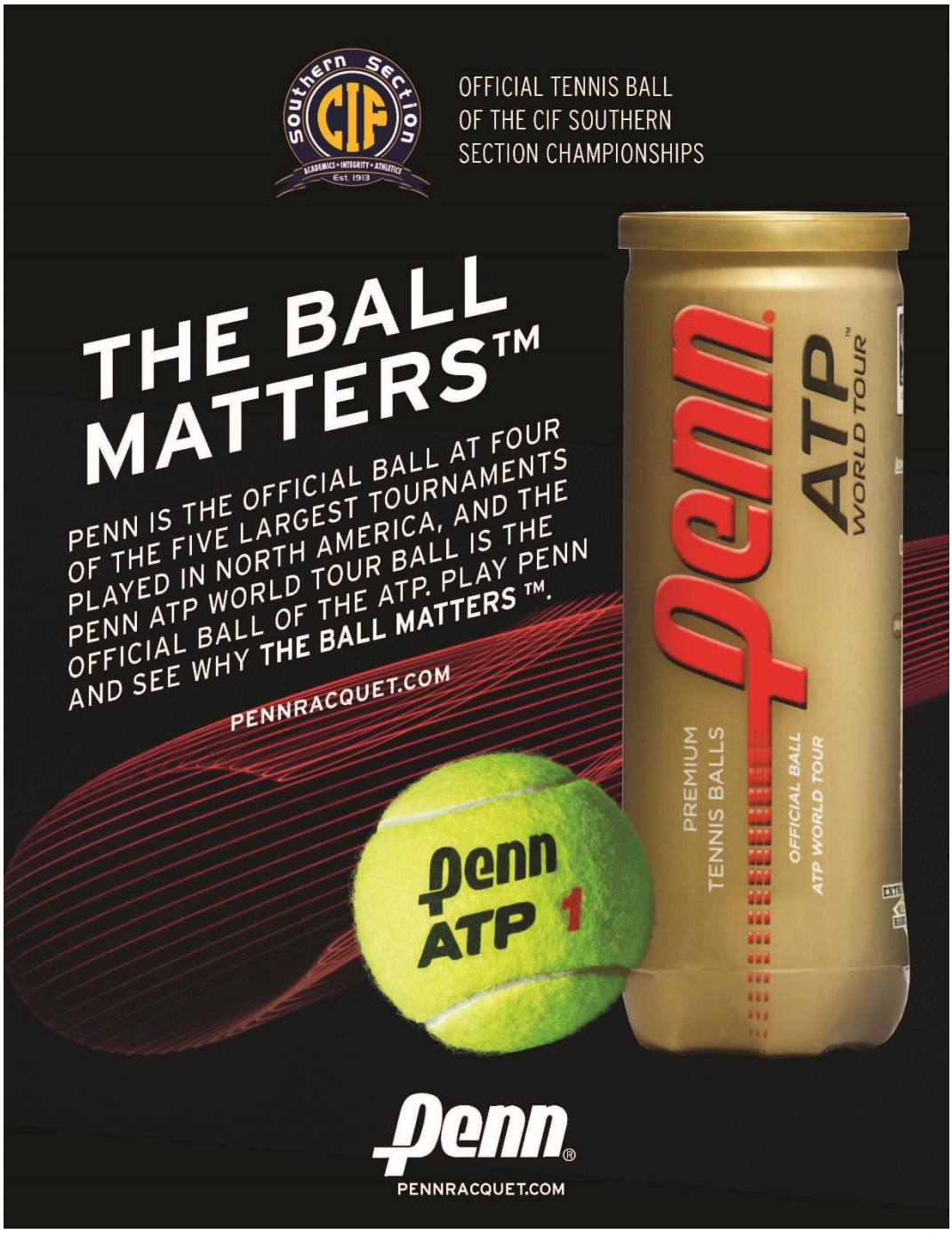
Division 1	Ken Whitmer	(909) 800-5324		k_whit_less1@yahoo.com
	Sean Comadena	(951) 317-1613		sean_comadena@redlands.k12.ca.us
	Gregg Tebbe	(805) 453-9455		gregtebbe@gmail.com
Division 2	Howard Farer	(626) 285-3446	(626) 665-8960	hkfarer@charter.net
	Bob Walton	(760) 861-8869		xusforme@aol.com
	Carolyn Leach	(310) 418-8731		leachster47@gmail.com
Division 3	Travis Kikugawa	(818) 590-9061	(818) 591-6417	Tkikugawa@viewpoint.org
	Arthur Hsieh	(626) 290-5063		a_hsieh@mhs-hs.org
	Scott Yasgoor	(818) 652-9210		scott@rwltd.com
Division 4	Mike Hoeger	(424) 241-8393		mjhoeger@me.com
				Hoeger@pvpusd.k12.ca.us
	Brenda Tillford	(909) 354-1760		Brenda.Tilford@cjuhsd.net
	Roger Bryant	(626)282-8735		lakoach@earthlink.net
Division 5	Nick Mateljan	(651) 992-2127		nickmateljan@aol.com
				Nmateljan@rusd.k12.ca.us
	Tracie Currie	(805) 218-7048		tennistracie@yahoo.com
	John Kessler	(949) 235-2804		johnkessler@iusd.org

TOP TEN POLLS

Polls will be released by the CIF-SS office March 9 - May 4, 2020

It is *IMPERATIVE* that coaches call their results into the committee members named above on a weekly basis. You must call by Sunday:

March 8, 15, 22, 29; April 5, 19, 26 Final poll: May 2 (to be released 5/4)



CALENDAR DATES

FIRST CONTEST:
The initial date on which a school may schedule an interscholastic contest is **Monday, February 17, 2020**.

SCRIMMAGES:
The first allowable date for an interscholastic scrimmage is Monday, February 17, 2020. An interscholastic scrimmage is defined as a practice session where no score is kept, and players may be switched between singles and doubles. Schools are permitted two interscholastic scrimmage which must be held on or after **February 17, 2020** and prior to the team's first interscholastic contest (tournament, league or non-league).

MAXIMUM TEAM CONTESTS:
A tennis team will be permitted to play no more than twenty-four (24) matches during the season. This includes tournaments played in a different format from CIF Round Robin play. Any tournament match WILL count against your 24 match limit regardless of format.

LAST CONTEST:
All league competition for Boys tennis teams must end on or before the Friday, May 1, 2020, prior to the first playoff date. **By action of the Southern Section Council all league entries must be in the Southern Section Office by 9:00 a.m. on the last Saturday of the season. Therefore, the last allowable playing date is Friday, May 1, 2020.**

TEAM, STATE REGIONAL and INDIVIDUAL PLAYOFF DATES:

- **TEAM: 2019-2020 CIF SOUTHERN SECTION FORD BOYS TEAM TENNIS PLAYOFFS**

  DIVISIONS 1 – 5

Wild Card:	Tuesday, May 5, 2020	(Home Sites)
First Round:	Wednesday, May 6, 2020	(Home Sites)
Second Round:	Friday, May 8, 2020	(Home Sites)
Quarter Finals:	Monday, May 11, 2020	(Home Sites)
Semi-Finals:	Wednesday, May 13, 2020	(Home Sites)
Finals:	Friday, May 15, 2020	(Claremont Club)

  OPEN DIVISION

First Round:	Friday, May 8, 2020	(Home Sites)
Semi-Finals:	Wednesday, May 13, 2020	(Home Sites)
Finals:	Friday, May 15, 2020	(Claremont Club)

  The eight (8) “Open” division entrants will be selected from the final polls to reflect the Top 8 teams in the section, as determined by the CIF-SS Tennis Advisory Committees.

- **2019-2020 CIF STATE SOUTHERN CALIFORNIA REGIONAL BOYS TENNIS TEAM CHAMPIONSHIP**

  MAY 22-23, 2020 @ The Claremont Club

- **INDIVIDUAL: 2019-2020 CIF SOUTHERN SECTION FORD BOYS INDIVIDUAL TENNIS PLAYOFF DATES**

  The 2019-2020 CIF Southern Section Ford Boys Individual Tennis Championships, consisting of competition in both singles and doubles, shall be conducted on:

  Thursday, May 21, 2020 - (Prelims at 5 different sites)
  Each school will be assigned to one of the five scheduled sectional tournament sites. Each league may enter two players in singles and two doubles teams (with an alternate available should a qualifier not participate).

  Tuesday, May 26, 2020 (Round of 32) – Seal Beach Tennis Center

  Wednesday, May 27, 2020 (Round of 16, Quarterfinals) - Seal Beach Tennis Center

  Thursday, May 28, 2020 (Semis, Finals) - Seal Beach Tennis Center

- **OJAI TOURNAMENT**

  The dates for the Ojai Boys Tennis Tournament are April 23, 24, and 25, 2020. Entry deadline for players to be considered into the event are due in the CIF-SS office no later than Wednesday, March 11, 2020 at 4:00 p.m. Entry information will be emailed to Athletic Directors and Tennis Coaches in early February. Entry forms will be available at www.CIFSSHOME.org.

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* > select *SANCTIONED EVENTS* > select Tennis, Boys >click Search

This page will display the most up to date information on
Boys Tennis Approved Sanctioned Events

CIFSSHOME.org REQUIREMENTS

SCHEDULES &SCORES **Complete your schedule in CIFSSHOME.org 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 "Tennis, Boys"

-To **Add a game**, click "Add Game" at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.

-To **Submit your score**, click on the "Teams", select "Tennis, Boys" Scroll through your schedule and click on the green "Post Result" button.

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

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

VARSITY TEAM INFORMATION (ROSTER) DUE no later than WEDNESDAY, APRIL 29, 2020.

Attention Athletic Directors/Coaches: It is very important that you enter your entire Boys Tennis Varsity roster into CIFSSHOME.org (www.CIFSSHOME.org) no later than WEDNESDAY, APRIL 29, 2020.

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

Once you are logged in:

-On the left panel, Click on the **"Teams"** tab, select "Tennis, Boys"

-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 Boys Tennis 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 Boys Tennis coaches (Head & Assistants) into CIFSSHOME.org (www.CIFSSHOME.org) no later than WEDNESDAY, APRIL 29, 2020.

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:

-Click on the **"Teams"** tab on the left navigation bar. Click on the corresponding varsity team (Tennis, Boys).

-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!"

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Boys Tennis. The At Large Application is to be submitted by your school no later than FRIDAY, May 1 @ 9:00 p.m.

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

Once you are logged in:

-On the left panel, click on At Large Petition

-Select "Tennis, Boys" then click "Add"

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

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

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OFFICIAL BALL MEMO

OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS 2019-2020

Official Ball per sport:

• Baseball:	**Rawlings CIF-SS**	Must be CIFSS stamped ball; not an alternative Rawlings ball
	Rawlings RCIF-SS	Must be CIFSS stamped ball; not an alternative Rawlings ball
• Boys Basketball:	**Spalding TF1000 NFHS Classic NFHS**	
	Spalding TF1000 Legacy NFHS	
	Spalding TF-1000 Platinum ZK NFHS 29.5 ***(Used in the CIF-SS Championship game)***	
• Girls Basketball:	**Spalding TF1000 NFHS Classic 28.5 NFHS**	
	Spalding TF1000 Legacy 28.5 NFHS	
	Spalding TF-1000 Platinum ZK NFHS 28.5 ***(Used in the CIF-SS Championship game)***	
• Football:	**Spalding ball with NFHS**	any Spalding model with NFHS stamp
	Spalding Alpha ball with NFHS	***(Used in the CIF-SS Championship game)***
• Soccer:	**Spalding TF-SC5 NFHS**	for both boys and girls use.
	Spalding TF-SC3 NFHS	for both boys and girls use.
	Spalding TF5000 NFHS	for both boys and girls use.
• Softball:	**Dudley CFP12Y NFHS**	***(Used in the CIF-SS Championship game)***
• Tennis:	**Penn ATP World Tour**	***(Used in the CIF-SS Championship game)***
	Pro Penn Marathon	
• Volleyball:	**Spalding with NFHS stamp: TF-VB5, TF-VB3**	
• Boys Water Polo:	**KAP7 model 105 with NFHS stamp**	***(Used in the CIF-SS Championship game)***
• Girls Water Polo:	**KAP7 model 104 with NFHS stamp**	***(Used in the CIF-SS Championship game)***

All playoff ball adoptions agreements with the CIF Southern Section now run through June 30, 2021

Mandatory Playoff Use Requirement:
The mandatory "official" ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

Playoff Ball Use Rule Enforcement:
Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty will carry over to the next season if not enforceable this season due to elimination.

Note: NFHS stamp is required in all sports *except in golf and tennis.*

RULES SECTION

CIF SOUTHERN SECTION GIRLS TENNIS GUIDELINES

BLUE BOOK RULES:
Following are key points tennis coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2019-2020 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

RULES:
All tennis matches in the CIF-SS will be played under USTA rules unless otherwise provided for in the CIF-SS Blue Book, CIF-SS Preview Bulletin or CIF-SS Playoff Bulletins. (See specific information listed below)

UNOFFICIAL ENTRANT:
The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF rules. Ineligible students shall not compete as representatives of the school in any CIF contest. In CIF competition, no person shall be permitted to participate as an unattached athlete or unofficial entrant.

OUTSIDE COMPETITION BY AN INDIVIDUAL:
(a) During Individual's Season of Sport - A member of a high school tennis team may NOT during her season of sport, COMPETE for an outside team in the sport of tennis. A season of sport is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league match) and ends with that student's last interscholastic match (non-league, tournament, league or CIF-SS playoff).

(b) Unattached Competition - Unlimited unattached entry in outside competition in singles and doubles is permissible at any time in the sport of tennis.

2806. SUMMERTIME RULES
With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

514. TOBACCO PRODUCTS PROHIBITED
The use of tobacco products in conjunction with any CIF Southern Section athletic contest is prohibited. This would include all those involved in the contest including players, coaches and officials.

INCIDENT REPORTS
All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported in the event that further problems develop. The completed report is to be submitted to the Commissioner of Athletics of the CIF-SS and must be post-marked no later than the third school day following the incident. It is mandatory that an informational copy of the report be sent to the principal of the other school involved.

DUTIES OF THE PRINCIPAL - From the Blue Book

125.1 COACH EJECTION - Upon the ejection of a coach from any CIF Southern Section contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

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

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

ACCOUNTABILITY RULE:

The following is an excerpt from the article which appeared in the "Commissioner's Corner" in the CIF-SS January/February 1982 Bulletin. We hope it will prove helpful to coaches in understanding the Accountability Rule.

Without question, the most serious breach within the realm of our programs presents itself when an individual coach removes a team from the playing facility prior to the conclusion of a contest.

Ironically, the justification invariably lacks substance at a subsequent hearing -- personal dissatisfaction with an official or the citing of dangerous conditions is the usual tenor of that thrust.

It is also paradoxical that such action is spawned by the individual coach on the short end of the score at the time.

How serious is such an action?

It has been the position of the CIF-SS Executive Committee to expect the Principal of the school concerned to relieve the coach from his/her assignment for the balance of that season.

When one considers the focal point is to involve as many student-athletes in our programs as possible, we lack accountability to those considered the heart of our organization -- not to mention the officials, the entire student body, the district and the community.

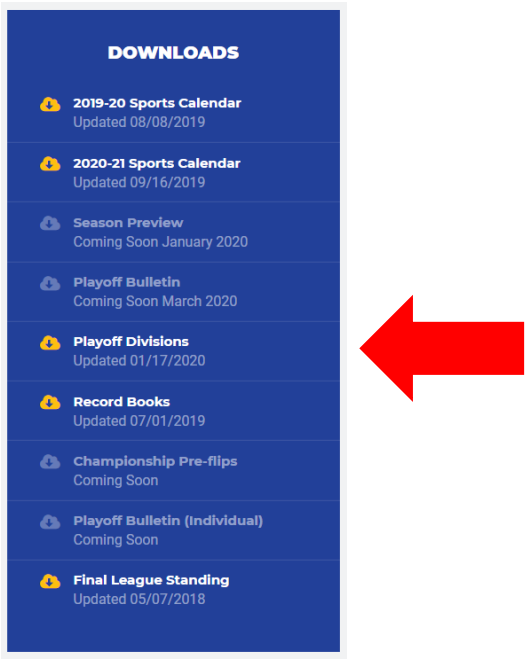
Each individual contest, regardless of the sport, lasts but a few minutes. The damaging results from such an occurrence are timeless.

Administrators are urged to review this aspect and the potential consequences with their staffs at the start of each sport season -- it takes but a few minutes.

SPORT SPECIFIC INFORMATION:

DIVISION PLACEMENTS:

DIVISION PLACEMENTS – Spring sports division placements will be released in January 2020. The Boys Tennis divisional placements can be found on the boys tennis sports page at www.cifss.org > Boys Tennis > Download button labeled “Playoff Divisions”. The power point formula is used in determining the boys tennis division placements.



TEAM TENNIS PLAY FORMAT:

TEAM SIZE AND SCORING:
Each team shall consist of nine players: three singles and three doubles teams. No player may play both singles and doubles.

TEAM TOURNAMENT RESULTS:
When reporting your overall team win/loss record, include all team tournament matches played in any format.

GAME SCORING: “Deuce + 1”
When opposing players or doubles teams reach the score of “deuce” in any game, the player who is serving will serve the deuce and add points. If the score returns to “deuce”, the server will serve one more point to decide the game, and the receiver(s) may choose which side of the court to receive the serve on for the last point.

MATCH SCORING:
Both singles and doubles shall play a round robin, with singles players playing one set against each opposing singles player and doubles team playing one set against each opposing doubles team.

TIEBREAKER SYSTEM - (TO BE USED WHEN THE GAME SCORE OF A SET REACHES 6-6): regular USTA tiebreaker (7 out of 12) will be used. One point is awarded for each singles or doubles set won for a total of 18 team points. In case of a tie in points when all sets have been counted, the total number of games (including any tie-break games) shall determine the winner.

If, at the end of the match, teams are tied 9-9 in points and also in total games, the following procedure will be followed:

> Another complete round robin is to be played, but, instead of sets, players will play only the regular USTA tiebreaker (7 out of 12) against each opposing singles player or doubles team. Each tie-break is recorded as one game. If teams are still tied, the total number of points in the tie-break matches shall decide the winner. If the teams are still tied, the whole tie-break round robin shall be repeated until a winner has been determined. There shall be no warm-up, except that a player or team off the court for 10 minutes or more shall be entitled to a one-time only 3-minute warm-up prior to starting. There shall be no rest period between tie-break matches. Only those players competing at the end of the regulation match or any unused substitutes shall be eligible for the round robin of tie-breakers.

Should a match not be completed, due to rain or darkness, with neither team having scored 10 points (or 9 points with an insurmountable game total), the contest shall be resumed on the next possible day that conditions allow. It shall resume with the same lineup, set scores, game scores and service rotation.

TEAM LINE-UP:
All players on both teams starting line-ups must be ready to begin at the designated starting time. Any player(s) in the starting line-up arriving more than 10 minutes after the designated starting time will make that set(s) subject to forfeiture. Late arriving players are eligible to play in the succeeding round.

SUBSTITUTIONS:
If at any point during a team tennis match a player is injured, play may be halted for five (5) minutes, ONCE only. A second stoppage causes a player/team to retire the set.

Teams may substitute for a singles player, a doubles team, or one-half of a doubles team at the end of any round, before that player(s) was due to begin play in the next round. Once a player has been removed from the lineup, the player shall not go back in to play in the match. Players shall not switch between singles and doubles.

Rules governing substitutions:

1. The lineup exchanged at the beginning of the match must be used for the first round.
2. Potential substitutes must be listed on the opposing coach=s scorecard when the lineups are exchanged. Substitutes do not have to be physically present at the start of the match.
3. Before putting in a substitute(s) to play, the coach must notify the opposing coach as to who the substitute(s) will play for and in which position in the lineup. The substitute(s) may have the 10 minutes to warmup, if needed with an opponent or teammate.
4. Substitutions shall not delay the start of the next round.

5. If a player becomes ill or is injured, the usual timeout is allowed. If it is determined that the ill or injured player cannot continue, the current set shall be retired with the retiring player retaining any games won (example: if the score is 3-3, then the set is retired, 6-3 for the opponent). All succeeding sets played will count in the normal manner. (Adopted April 26, 2001, CIF-SS Council.)

DEFAULT/RETIRE:
A player may not default/retire any set other than due to injury. Once a player has defaulted/retired in any set, the player MAY NOT return to play in any subsequent set. A player who is removed (defaulted, retired, substituted, etc.) may not re-enter the match.

BALLS:
Home team provides six (6) cans of new USTA approved Penn tennis balls.

CONTINUOUS PLAY RULES:

The USTA continuous play rule shall be observed.

(a) All warm-ups (including ALL serves) must be taken before the first point is played.
(b) Warm-up time before the start of a singles or doubles team's first set - 10 minutes.
(c) Warm-up time before the start of any subsequent set - 5 minutes.
(d) No pauses or stop in play is allowable except that players are allowed 90 seconds at the time they change sides of the court (including after the first game of each set in ***team*** play); no break is allowed in tiebreakers. NOTE: Both players/teams must be ready and the ball put into play at the end of the 90 seconds.

COACHING:
Coaching is **permitted** only between sets and during the 90 seconds allowed for changing sides (including after the first game of each set in ***team*** play), providing it does not distract opposing players or delay the start of play at the end of the allowable 90 seconds. This rule is applicable to both singles and doubles matches. **Coaching is allowed by TWO coaches, designated by their high school, whose names are listed on the opposing coach's line-up card**. All team tennis finals are to be played at an alternate site. An official playoff bulletin will be posted prior to the end of the season.

DISPUTED LINE CALLS:
When players dispute line calls and an official is requested, the following should be done:

A. Request a USTA official to go on court.
B. In the absence of a USTA official, the coach from each school shall fill the role.
C. If B (above) is not possible, through mutual agreement, each coach will supply a linesperson.

The role of the linespersons shall be to make decisions **ONLY** when a players call is challenged by the opponent. The linesperson shall either uphold the original call or over rule in favor of the challenge.

TEAM SCORE CONFIRMATION: It is highly recommended that both head coaches and/or their scorekeepers confirm with each other, all singles/doubles set scores at the conclusion of each round of the match. Any disputes of set scores should be settled at that time and prior to the next round starting.

USTA TENNIS PENATLY SYSTEM:
The USTA Code of Penalties will be in effect throughout the Team Tennis Tournament.

In team matches PENATLY POINTS ARE CUMULATIVE (they carry over from one set to the next)

EXAMPLE: During the first set of a team match a player is given a penalty, the player's first, so the player loses a POINT. During the second set the player is given another penalty, the player's second, so the player loses a GAME. During the third set the player is given another penalty, the player's third, so the player is DEFAULTED. Defaulted sets will be scored as 0-6.

In DOUBLES, penalty points are given to the doubles TEAM and carry over as such.

If a player is defaulted, the player cannot play any subsequent sets. A substitute may be used for succeeding sets.

CODE OF CONDUCT:

Spectators, including parents and friends are welcome to watch and enjoy matches. Their role, however, is clearly restricted to that of passive observer with NO INVOLVEMENT OF ANY KIND during the match.
~USTA

ATTENTION PARENTS:

Tennis Is a Game Played for Fun. Please Do Not Get Involved in Your Child's Match.

Ten things your kids do not want you to do!

1. Don't coach me.
2. Don't yell at me.
3. Don't applaud when my opponent misses.
4. Don't get upset when my opponent makes a bad call or what appears to be a bad call.
5. Don't get upset when I get the score wrong.
6. Don't lose your cool.
7. Don't put down my opponent or opponent=s partner.
8. Don't lecture me about my mistakes after the match.
9. Don't forget how to laugh and have fun.
10. Don't forget that it is just a game.

SUPERVISION OF ATHLETES:

State and Southern Section BYLAW 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 Education Code 49032. See also Bylaw 503.F)".

It should be noted that schools representing the same district may send one credentialed or certified supervisor for three or four students. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its member schools to this one individual. The supervisor must remain in attendance at all times.

However, the concern is for those students who are not accompanied by a faculty representative and report to the playoff site by themselves or with a parent.

PLEASE NOTE: THIS RULE WAS REVIEWED WITH BOTH THE STATE CIF OFFICE AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE AND REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER THE DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION BYLAW 503 (E), IS TO BE "DENIED" ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF Attorney, there are also inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

PLAYOFF INFORMATION – Team, State Regional, Individual

TEAM PLAYOFF INFORMATION

- **2019-2020 CIF SOUTHERN SECTION FORD BOYS TEAM TENNIS PLAYOFF DATES:**

DIVISIONS 1 – 5

Wild Card:	Tuesday, May 5, 2020	(Home Sites)
First Round:	Wednesday, May 6, 2020	(Home Sites)
Second Round:	Friday, May 8, 2020	(Home Sites)
Quarter Finals:	Monday, May 11, 2020	(Home Sites)
Semi-Finals:	Wednesday, May 13, 2020	(Home Sites)
Finals:	Friday, May 15, 2020	(Claremont Club)

NOTE: NO WARM UP COURTS AVAILABLE AT CLAREMONT CLUB

OPEN DIVISION

First Round:	Friday, May 8, 2020	(Home Sites)
Semi-Finals:	Wednesday, May 13, 2020	(Home Sites)
Finals:	Friday, May 15, 2020	(Claremont Club)

The eight (8) "Open" division entrants will be selected from the final polls to reflect the Top 8 teams in the section, as determined by the CIF-SS Tennis Advisory Committees.

CIF SOUTHERN SECTION FORD BOYS TEAM TENNIS PLAYOFF ENTRY PROCESS:

The 2019-2020 Boys Team Tennis Playoff Entry will be conducted by league placement within divisions. There will be six divisions of boys tennis.

All recognized leagues will be guaranteed entries based on the size of the league. All 4 team leagues will be guaranteed 2 entries; 5 and 6 team leagues will be guaranteed 3 entries; 7 or more team leagues will be guaranteed 4 entries. Under the playoff format, in all sports, leagues have the responsibility of developing and identifying the priority for their representatives into the playoffs as so noted under Article 32o (Playoffs) of the CIF Southern Section Blue Book. Please note, leagues may not conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority (leagues must have this as part of their constitution and must secure permission from the CIF-SS office before conducting such playoffs for entry).

AT-LARGE QUALIFICATION:
Schools must have a .500 or better record to be considered for an at-large opening.

FREELANCE PLAYOFF ENTRY QUALIFICATION:
All freelance schools desiring entry into the playoffs must submit their "Freelance Petition" and schedule with updated results into CIFSSHOME.org. **Schedules must be input into CIFSSHOME.ORG prior to the start of each season for evaluation.** (Rule 3210.1) Match scores must be regularly updated in CIFSSHOME.org and final season results submitted to the CIF-SS office by May 1, 2020. Freelance schools must also submit an "At Large" petition through CIFSSHOME.org prior to May 1, 2020.

STATE REGIONAL INFORMATION:

- **2019-2020 CIF STATE SOUTHERN CALIFORNIA REGIONAL BOYS TENNIS TEAM CHAMPIONSHIP**

  MAY 22-23, 2020 @ The Claremont Club

ENTRY INFORMATION:
The CIF Southern California Regional Tennis Championship will consist of one division with 8 teams.

The 8 teams will be allotted to the sections as shown below:

Central Section	1 Team
Los Angeles City Section	1 Team
San Diego Section	2 Teams
Southern Section	4 Teams **(Open Division Semi-Finalists)**

Seeding will take place on the Sunday prior to the start of the tournament.

2018-2019 CIF STATE SOUTHERN CALIFORNIA REGIONAL BOYS TENNIS TEAM CHAMPIONSHIP SELECTION CRITERIA:

The following CIF-SS Tennis teams will advance to the State Regional Tennis Tournament: (**4 total entries**)

Open Division – Semi-Finalists (4 teams)

CIF-SS Coaches Advisory Committee will make regional seeding based upon the following:

(a) Head-to-head competition of teams under consideration
(b) Strength of CIF-SS Division
(c) Overall strength of the league from which the team is entered
(d) Overall win-loss record
(e) Strength against common opponents
(f) Strength of schedule

INDIVIDUAL PLAYOFF INFORMATION

2019-2020 CIF SOUTHERN SECTION FORD BOYS INDIVIDUAL TENNIS PLAYOFF INFORMATION:

LEAGUE QUALIFYING DATES FOR INDIVIDUAL CHAMPIONSHIPS (OPTIONAL):
April 27, 28 and 29, 2020

Because of the possibility of rain, it is advisable for leagues to schedule individual qualifying matches prior to April 27, 2020 and use the dates of April 27, 28 and 29 for scheduling rain-outs.

All league information for Individual qualifiers must be entered in CIFSS Home by Tuesday, May 5, 2020 at 12:00 noon.

- **2019-20 CIF SOUTHERN SECTION BOYS INDIVIDUAL TENNIS PLAYOFF DATES:**

  The 2019-2020 CIF Southern Section Ford Boys Individual Tennis Championships, consisting of competition in both singles and doubles, shall be conducted on:

  Thursday, May 21, 2020 - (Prelims at 5 different sites)
  Each school will be assigned to one of the five scheduled sectional tournament sites. Each league may enter two players in singles and two doubles teams (with an alternate available should a qualifier not participate).

  Tuesday, May 26, 2020 (Round of 32) – Seal Beach Tennis Center

  Wednesday, May 27, 2020 (Round of 16, Quarterfinals) - Seal Beach Tennis Center

  Thursday, May 28, 2020 (Semis, Finals) - Seal Beach Tennis Center

FREELANCE PLAYOFF ENTRY QUALIFICATION:
Schools meeting the criteria may petition individual athletes for possible entry into CIF-SS individual playoff competition. Petitions for such athletes must include a complete data sheet for each individual showing best marks, scores or rankings from any competition held during the current school year. All such petitions must be submitted prior to the first scheduled date of CIF-SS playoff competition. (Rule 3310.2)

NOTE: Additional playoff information can be found in the Boys Team Tennis Playoff Bulletin and the Boys Individual Tennis Bulletin.

HEALTH & 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.

Resource information and additional information regarding heat safety, hydration and other health and safety related articles can be found on the CIF-SS website @ www.cifss.org. Click link to "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.

THE INSTITUTE REPORT

Preparing Your Athletes For Competition In Hot Weather

By Cari V. Gisolfi, Ph.D.
Department of Exercise Science,
University of Iowa

Specific steps must be taken to prepare athletes for training and competing in hot weather. Proper preparation can improve athletic performance and reduce the potential for thermal injury.

Under adverse climatic conditions, including high temperature and humidity, heat gained from the combination of physical exertion and the hot environment can exceed the body=s capacity to remove heat through perspiration. In such instances, heat cramps, heat exhaustion and heat stroke may occur as a result of dehydration and elevated body temperature. Such thermal injuries can occur regardless of the athlete=s physical condition or ability to adapt to hot weather.

How the Body Handles Excess Heat During Exercise

During exercise, heat produced by working muscles exceeds heat released by the body, and body temperature rises. The rise in body temperature causes an increase in sweating and blood flow to the skin. As a result, heat is removed by the evaporation of sweat from the skin, radiated from the body to the cooler surroundings, and is lost by convection to moving air (e.g., wind chill).

When the rate at which heat is produced during exercise equals the rate at which heat is lost from the body, the body temperature will plateau at an elevated level. However, when more heat is produced during exercise than the body can lose, body temperature will rise to a potentially dangerous level. High environmental temperatures and humidity contribute to the risks of thermal injury because they reduce the body=s ability to remove heat. Athletes who are untrained and unacclimatezed (not accustomed to the heat) can maintain an elevated, but safe, body temperature during moderate exercise in temperatures ranging from 50 to 85 degrees Fahrenheit. With proper training and heat acclimatization, athletes can safely increase the intensity and duration of exercise in even hotter environments.

There is little chance that under hot, humid weather conditions thermal injury will occur in competitive events lasting up to 10 minutes (the vast majority of track events). But, body temperature could rise to dangerous levels (e.g., 106 degrees Fahrenheit) under these conditions during exercise lasting 12-to-15 minutes or longer, especially if the competition is preceded by a vigorous warm-up that elevates the body temperature.

How To Acclimate Your Athletes

Athletes can acclimate their bodies to excessive heat and humidity by performing mild to moderate exercise in a hot environment. After one and one-half to four hours of exercise per day for five to fifteen days, the body will adjust (acclimate) to hot and humid weather conditions. Successful heat acclimatization results in: (1) a lower resting body temperature, (2) lower skin and core temperature during exercise, (3) decreased exercise heart rate and metabolism, and (4) increased sweating and evaporative cooling. All of these changes help athletes safely improve their performance in hot weather. The acclimatization process is similar in men and women, is not influenced by the menstrual cycle, and does not seem to be affected by age.

Endurance training, even in a cool environment, produces physiological adjustments similar to those caused by heat acclimatization. Training and acclimatization enable athletes to exercise at considerably greater exercise intensities while maintaining safe acclimatization are required for an optimal ability to exercise in the heat.

How To Prevent Thermal Injuries

"In preparing for outdoor competition under hot, humid conditions, warm up in the shade to avoid raising body temperature too high, too soon.

"Rest in the shade between competitive events. Exposure to the sun can cause blood to accumulate in the skin. This makes less blood available to muscles during subsequent exercise.

"Wear minimal, loose-fitting clothing to help promote heat loss.

"During prolonged exercise in the heat, body fluids lost as sweat must be replaced as frequently as possible to avoid dehydration and subsequent thermal injury. Drinking 12-to-20 ounces (1 2 to 2 2 cups) of fluid 10-20 minutes prior to competition is a good idea, but can not substitute for ingesting fluids during exercise. Running through a shower or being hosed with water also will not prevent the rise in body temperature during exercise.

"Fluids (e.g., sports drinks) ingested during exercise should contain 5-8 percent carbohydrate and a small amount of electrolytes. Such beverages will provide a source of fuel for the working muscles and will facilitate the absorption of water and glucose from the intestines.

"Throughout heavy work or prolonged exercise, at least eight ounces (1 cup) of fluid should be consumed very 15-to-20 minutes.

"The pre-season regimen for competitive football, long distance running and other sports under hot and/or humid conditions should be preceded by one-to-two weeks of conditioning. This means working one-to-two hours per day in the heat, while earing minimal clothing and drinking liberally. This will help athletes gradually achieve heat-acclimatization.

"Practice sessions under hot, humid conditions should be limited to very moderate workouts or be canceled.

"Athletes who typically train and compete in cool weather but are scheduled to compete in the heat can markedly improve their heat tolerance by training in excess clothing. Carefully supervised use of this practice will stimulate a warm environment and improve the heat-acclimatization process. Similar to exercise in warm weather, frequent fluid consumption is a must during this type of exercise.

Applying proper precautionary steps prior to and during exercise can help athletes avoid thermal injuries. Techniques, such as warming-up in the shade, ingesting adequate fluids, and wearing loose-fitting clothing can safeguard athletes= health and maximize performance.

Dr. Gisolfi is a professor of Exercise Science, Physiology and Biophysics at the University of Iowa, Iowa City. He is past president of the American College of Sports Medicine and a member of the Gatorade Sports Science Institute.

The Institute Report is a service of the Gatorade Sports Science Institute. For more information, contact:
Gatorade Sports Science Institute
The Quaker Oats Company
P.O. Box 9005
Chicago, IL 60604-9005
(312) 222-7704.

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