

CIF SOUTHERN SECTION



SPRING 2024

Tennis



SEASON PREVIEW



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2023-2024 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 2023-2024 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.

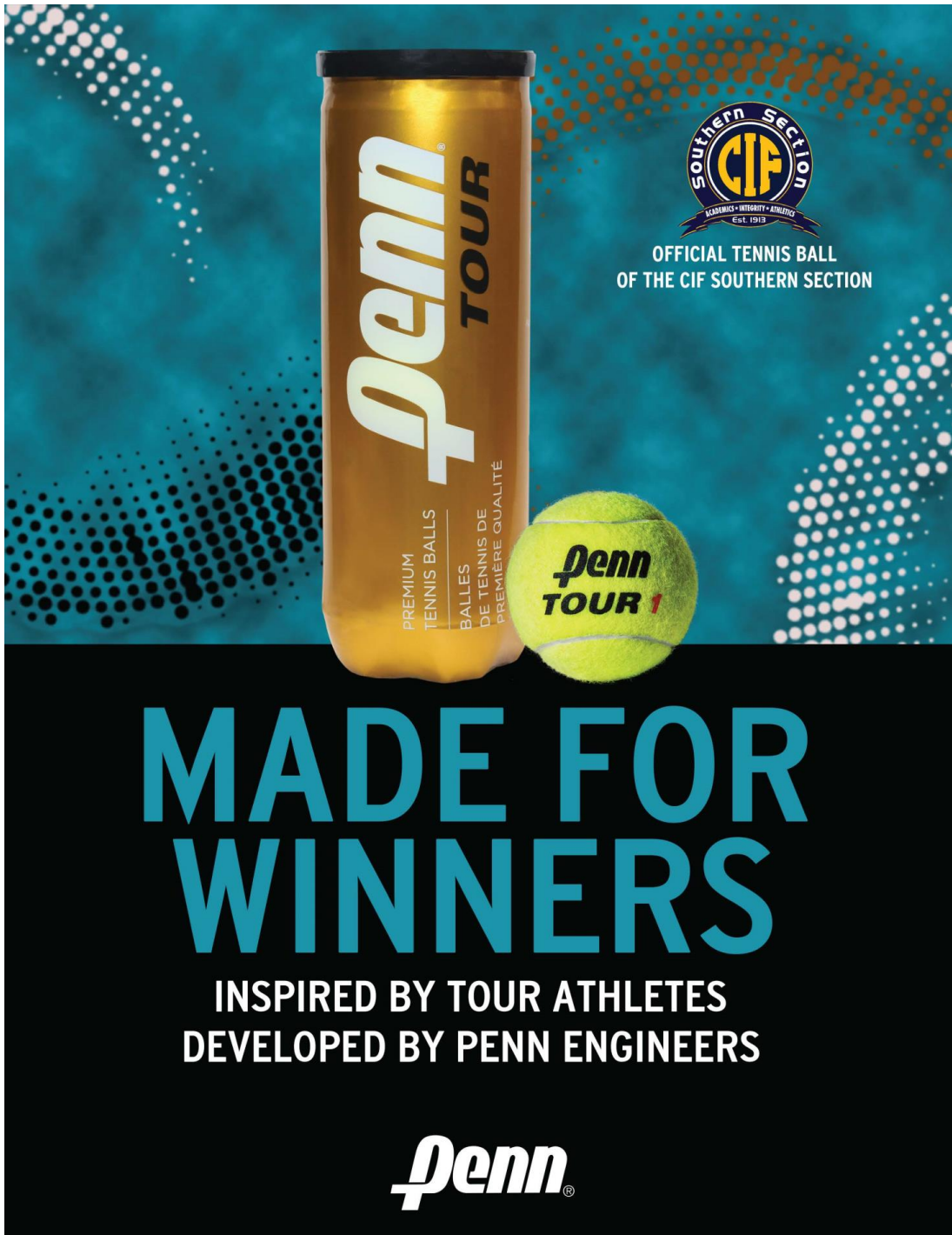
2023-2024 Boys Tennis Committee				
	Name	Phone	High School	Email
Division 1	Brian Held	(310) 927-2187	Loyola	bheld@loyolahs.edu
	John Kessler	(949) 235-2804	University	johnkessler@iusd.org
	Mike Hoeger	(562) 241-8393		mjhoeger@me.com
	Ryan Sabado	(424) 558-1731	Woodbridge	ryansabado@iusd.org
	Scott Yasgoor	(808) 6529210	Westlake	scott@rwlt.com
Division 2	Sean Comadena	(951) 317-1613	Redlands	sean_comadena@redlands.k12.ca.us
	Chuck Kingman	(562) 335-3467	Marina	ckingman10s@yahoo.com
	Ken Whitmer	(909) 800-5324		kwhitless2@yahoo.com
Division 3	Greg Tebbe	(805) 453-9455	Santa Barbara	gregtebbe@gmail.com
	Nick Mateljan	(651) 992-2127	Poly Riverside	nickmateljan@aol.com
	Trent Warren	(651) 240-0170	Murrietta Valley	twarren@murrieta.k12.ca.us
	Travis Kikugawa	(818) 590-9061	Viewpoint	Tkikugawa@viewpoint.org
Division 4	Bob Walton	(760) 861-8869		xusforme@aol.com
	Howard Farer	(626) 285-3446		hkfarer@charter.net
	Jake Magnant	(909) 213-3427	Rowland	jmagnant@rowlandschools.org
Division 5	Arthur Hsieh	(626) 390-5063	Maranatha	ahsieh2964@aol.com
	Willam Lou	(562) 743-3056	Garden Grove	willamlou@yahoo.com
Division 6	John McGaha	(951) 415-5440	Garey	john.mcgaha@pomona.k12.ca.us
	Terry Urban	(909) 213-1930	Colton	terry_urban@cjusd.net

TOP TEN POLLS

Polls will be released by the CIF-SS office March 4 – April 29, 2024

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

March 3, 11, 17, 24, 31 (no poll), April 7, 14, 21, Final poll: April 26 (to be released April 29)



A promotional image for Penn Tour tennis balls. The background is a teal color with a pattern of white and black dots. In the center, a yellow Penn Tour tennis ball is shown next to its packaging, a yellow cylindrical container with a black cap. The container has the 'Penn TOUR' logo in white and black, and text in French: 'PREMIUM TENNIS BALLS' and 'BALLE DE TENNIS DE PREMIERE QUALITE'. To the right of the container is the CIF Southern Section logo, which is a circular emblem with 'CIF' in the center, 'Southern Section' around the top, and 'ACADEMICS • INTEGRITY • ATHLETICS' around the bottom, with 'Est. 1913' below it. Below the logo, the text 'OFFICIAL TENNIS BALL OF THE CIF SOUTHERN SECTION' is written. At the bottom of the image, the text 'MADE FOR WINNERS' is written in large, bold, teal letters. Below this, in smaller white letters, is 'INSPIRED BY TOUR ATHLETES' and 'DEVELOPED BY PENN ENGINEERS'. At the very bottom, the 'Penn' logo is displayed in white.

MADE FOR WINNERS

INSPIRED BY TOUR ATHLETES
DEVELOPED BY PENN ENGINEERS

Penn

CALENDAR DATES

FIRST CONTEST:

The initial date on which a school may schedule an interscholastic contest is **Monday, February 12, 2024.**

SCRIMMAGES:

The first allowable date for an interscholastic scrimmage is Monday, February 12, 2024. 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 **Monday, February 12, 2024** 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, April 26, 2024, 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, April 26, 2024.**

TEAM, STATE REGIONAL and INDIVIDUAL PLAYOFF DATES:

- **TEAM: 2023-2024 CIF SOUTHERN SECTION FORD BOYS TEAM TENNIS PLAYOFFS**

DIVISIONS 1 – 6 (Division 6 - NEW in 2024)

Wild Card:	Tuesday, April 30, 2024	(Home Sites)
First Round:	Wednesday, May 1, 2024	(Home Sites)
Second Round:	Friday, May 3, 2024	(Home Sites)
Quarter Finals:	Monday, May 6, 2024	(Home Sites)
Semi-Finals:	Wednesday, May 8, 2024	(Home Sites)
Finals:	Friday, May 10, 2024	(Claremont Club/Univ of Redlands)

OPEN DIVISION

First Round:	Friday, May 3, 2024	(Home Sites)
Semi-Finals:	Wednesday, May 8, 2024	(Home Sites)
Finals:	Friday, May 10, 2024	(Claremont Club/Univ of Redlands)

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.

- **2023-2024 CIF STATE SOUTHERN CALIFORNIA REGIONAL BOYS TENNIS TEAM CHAMPIONSHIP**

Southern California Regional: May 17-18, 2024 @ Claremont Club
State Team Championship: May 25, 2024 @ site TBA (New in 2024)

- **INDIVIDUAL: 2023-2024 CIF SOUTHERN SECTION FORD BOYS INDIVIDUAL TENNIS PLAYOFF DATES**

The 2023-2024 CIF Southern Section Ford Boys Individual Tennis Championships, consisting of competition in both singles and doubles, shall be conducted on:

Thursday, May 16, 2024 - (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).

Wednesday, May 22, 2024 (Round of 32) - Bissantz Family Tennis Center @ CMS College

Wednesday, May 22, 2024 (Round of 16, Quarterfinals) – Bissantz Family Tennis Center

Thursday, May 23, 2024 (Semis, Finals) – Bissantz Family Tennis Center

- **OJAI TOURNAMENT**

The dates for the Ojai Boys Tennis Tournament are April 25, 26, and 27, 2024. Entry deadline by our member schools for players to be considered into the event are due in the CIF-SS office no later than Wednesday, March 6, 2024 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 (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:

- 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 Tennis, Boys 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 Tennis, Boys 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)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Boys Tennis Varsity roster into CIFSSHOME.org no later than **Wednesday, April 24, 2024.**

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 "Tennis, Boys", select "Vr"

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Boys Tennis is: First Name, Last Name, Birth date, Year, & Eligibility

(1) To ADD roster players one by one:

- Click on "+Add Players One By One" and complete fields required for Boys Tennis.

(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 Boys Tennis are: First Name, Last Name, Birth date, Year, & Eligibility**
- Click on "Choose File" 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 "Pencil" edit button next to the player's name to view each player's information.

CIFSSHOME.org Requirements (continued)

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Boys Tennis coaches (Head & Assistants) into CIFSSHome no later than **Wednesday, April 24, 2024.**

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

- Click on the “**Users**” tab
- Click on “**User Manager**”
- Click on the “**+**” in the upper right hand corner to add Coaches and Assistant Coaches. Enter the information requested on the “Add School User” page. Choose “**Active**” to provide the coach with access to CIFSSHome or “**Inactive**” for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**. Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (TEAM PHOTO)

Please upload no later than **Wednesday, April 24, 2024.**

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 “**Tennis, Boys**”
- Click on the “**Team Photo**” tab
- Click on the “pencil” edit button under “**TEAM PICTURE**”, choose the file
- Click **Submit**.

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, April 26 @ 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)

- Click on the “**Forms**” tab
- Click “**At Large Petition**”
- Add Sport: Select “**Tennis, Boys**”, ADD
- Message will display that you have added

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OFFICIAL BALL MEMO



OFFICIAL BALL PROGRAM 2023-2024

Official Ball per sport:

Baseball:	Rawlings RCIF-SS	Must be CIFSS/ NOCSAE stamped ball
Boys Basketball:	Wilson NCAA EVO NXT GAME BALL Size 7 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 7	
Girls Basketball:	Wilson NCAA EVO NXT GAME BALL Size 6 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 6	
Football:	Wilson GTS GAME BALL Wilson GST Prime GAME BALL	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)
Soccer:	Wilson NCAA Vivido Match Ball (Used in CIF-SS Championship) Wilson NCAA Veza Match Ball Wilson Forte Fybrid II NCAA Match Soccer Ball (<i>discontinued</i>)	
Softball:	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
Volleyball, Indoor:	Mikasa VFC1000 Series (Used in CIF-SS Championship) Mikasa VQ2000 Series	
Volleyball, Beach:	Wilson NCAA OPTX Game Ball (Used in CIF-SS Championship)	
Boys Water Polo:	KAP7 model 105 with NFHS stamp (Used in CIF-SS Championship)	
Girls Water Polo:	KAP7 model 104 with NFHS stamp (Used in CIF-SS Championship)	

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

***Items in red are used in the final game for the CIF-SS Championships. Any model listed is compliant in CIF-SS post season play.**

Playoff Ball Use Rule Enforcement:

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

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

RULES SECTION

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 2023-2024 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)

- STANDARDS OF ELIGIBILITY – BYLAW 201
<https://cifss.org/resources/blue-book/?gotopage=55>
- BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION – BYLAW 220
<https://cifss.org/resources/blue-book/?gotopage=92>
- ACCOUNTABILITY – BYLAW 125

125.1 - COACH EJECTION
<https://cifss.org/resources/blue-book/?gotopage=48>
<https://cifss.org/resources/blue-book/?gotopage=106>

125.2 - FAILURE TO COMPLETE A CONTEST
<https://cifss.org/resources/blue-book/?gotopage=48>
- PLAYER CONDUCT – BYLAW 503.M
<https://cifss.org/resources/blue-book/?gotopage=105>
- SUMMERTIME RULES/SUMMER DEAD PERIOD – BYLAW 1223
<https://cifss.org/resources/blue-book/?gotopage=147>
- TOBACCO PRODUCTS PROHIBITED – BYLAW 514
<https://cifss.org/resources/blue-book/?gotopage=120>
- OUTSIDE COMPETITION – BYLAW 600
<https://cifss.org/resources/blue-book/?gotopage=120>
- BYLAW 600 PENALTY – BYLAW 601
<https://cifss.org/resources/blue-book/?gotopage=122>
- SUPERVISION OF ATHLETES – BYLAW 503
<https://cifss.org/resources/blue-book/?gotopage=102>

CIF 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.

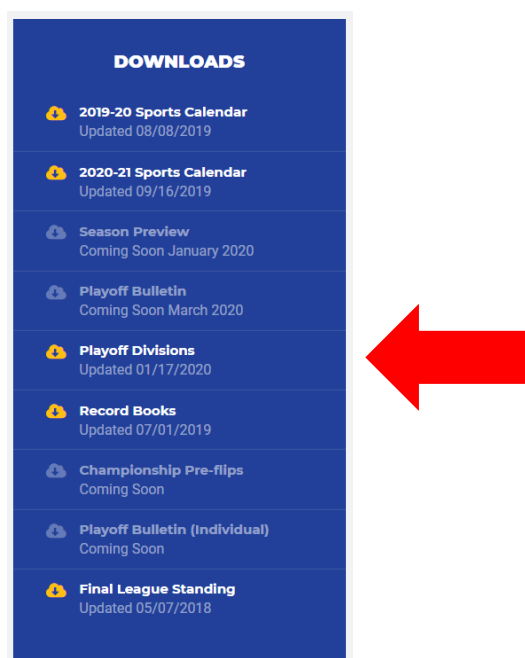
PLEASE NOTE: THIS RULE WAS REVIEWED WITH BOTH THE STATE CIF OFFICE AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE AND REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER THE DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION BYLAW 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.

SPORT SPECIFIC INFORMATION:

DIVISION PLACEMENTS:

DIVISION PLACEMENTS – Once Spring sports division placements have been released, 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. It is recommended that the second deuce be called out as “1” or “deuce + 1” by the serving player. In doubles, the player to receive the final point must receive on the same side of the court that the player has been receiving during that set.

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. Both opponents must report score to the tournament desk immediately upon completion of each set.

USTA TENNIS PENALTY SYSTEM:

The USTA Code of Penalties will be in effect throughout the Team Tennis Tournament.

In team matches PENALTY 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 doubles TEAM gets 3 penalty points, this TEAM has defaulted and may be replaced by a substitute team.

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.

PLAYOFF INFORMATION – Team, State Regional, State, and Individual

TEAM PLAYOFF INFORMATION

- **2023-2024 CIF SOUTHERN SECTION FORD BOYS TEAM TENNIS PLAYOFF DATES:**

DIVISIONS 1 – 6 (Division 6 - NEW in 2023)

Wild Card:	Tuesday, April 30, 2024	(Home Sites)
First Round:	Wednesday, May 1, 2024	(Home Sites)
Second Round:	Friday, May 3, 2024	(Home Sites)
Quarter Finals:	Monday, May 6, 2024	(Home Sites)
Semi-Finals:	Wednesday, May 8, 2024	(Home Sites)
Finals:	Friday, May 10, 2024	(Claremont Club/Univ of Redlands)

NOTE: NO WARM UP COURTS AVAILABLE AT CLAREMONT CLUB

OPEN DIVISION

First Round:	Friday, May 3, 2024	(Home Sites)
Semi-Finals:	Wednesday, May 8, 2024	(Home Sites)
Finals:	Friday, May 10, 2024	(Claremont Club/Univ of Redlands)

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 2023-2024 Boys Team Tennis Playoff Entry will be conducted by league placement within divisions. There will be seven divisions of boys tennis (Open, D1, D2, D3, D4, D5, D6).

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 3410.1) Match scores must be regularly updated in CIFSSHOME.org and final season results submitted to the CIF-SS office by April 26, 2024. Freelance schools must also submit an “At Large” petition through CIFSSHOME.org prior to April 26, 2024.

STATE REGIONAL INFORMATION:

- **2023-2024 CIF STATE SOUTHERN CALIFORNIA REGIONAL BOYS TENNIS TEAM CHAMPIONSHIP**

Southern California Regional: May 17-18, 2024 @ Claremont Club
State Team Championship: May 25, 2024 @ site TBA (New in 2024)

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 (<u>Open Division Semi-Finalists</u>)

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

2023-2024 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

2023-2024 CIF SOUTHERN SECTION FORD BOYS INDIVIDUAL TENNIS PLAYOFF INFORMATION:

LEAGUE QUALIFYING DATES FOR INDIVIDUAL CHAMPIONSHIPS (OPTIONAL):

April 29-30, May 1, 2024

Because of the possibility of rain, it is advisable for leagues to schedule individual qualifying matches prior to April 29, 2024 and use the dates of April 29-30 and May 1, 2024 for scheduling rain-outs.

All league information for Individual qualifiers must be entered in CIFSS Home by Thursday, May 2, 2024 at 12:00 noon.

- **2023-24 CIF SOUTHERN SECTION BOYS INDIVIDUAL TENNIS PLAYOFF DATES:**

The 2023-2024 CIF Southern Section Ford Boys Individual Tennis Championships, consisting of competition in both singles and doubles, shall be conducted on:

Thursday, May 16, 2024 - (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).

Wednesday, May 22, 2024 (Round of 32) - Biszantz Family Tennis Center @ CMS College

Wednesday, May 22, 2024 (Round of 16, Quarterfinals) – Biszantz Family Tennis Center

Thursday, May 23, 2024 (Semis, Finals) – Biszantz Family 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. (Article 320)

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 Carl 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 unacclimated (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 every 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 wearing 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.

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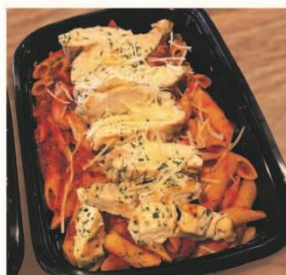
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