

Season Preview

2021- 2022

GIRLS TENNIS

**CIF-SS GIRLS TENNIS
ASSISTANT COMMISSIONER:**
RAINER WULF

PROGRAM COORDINATOR:
KRISTINE TROST





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2021-2022 GIRLS 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 2020-2021 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	Sean Comadena	(951) 317-1613		sean_comadena@redlands.k12.ca.us
	Brian Held (Boys)	(310) 927-2187		bheld@loyolahs.edu
	Gregg Tebbe	(805) 453-9455		gregtebbe@gmail.com
	Trent Warren	(651) 240-0170		twarren@murrieta.k12.ca.us
Division 2	Howard Farer	(626) 285-3446	(626) 665-8960	hkfarer@charter.net
	Bob Walton	(760) 861-8869		xusforme@aol.com
	Ken Whitmer	(909) 800-5324		k_whit_less1@yahoo.com
Division 3	Travis Kikugawa	(818) 590-9061		Tkikugawa@viewpoint.org
	Chuck Kingman	(562) 335-3467		ckingman10s@yahoo.com
	Scott Yasgoor	(808) 6529210		scott@rwltd.com
Division 4	Mike Hoeger (Boys)	(562)241-8393		mjhoeger@me.com
	William Lou	(562) 743-3056		wlou@ggusd.us
	Jake Magnant	(909) 213-3427		imagnant@rowlandschools.org
	Brenda Tillford	(909) 354-1760		Brenda.Tilford@cjuhsd.net
Division 5	Chris Baxter (Girls)	(951) 858-8438		cbaxter@valverde.edu
	Arthur Hsieh	(626) 390-5063		ahsieh2964@aol.com
	John Kessler	(949) 235-2804		johnkessler@iusd.org
	Nick Mateljan	(651) 992-2127		nickmateljan@aol.com
				nmateljan@riversideunified.org

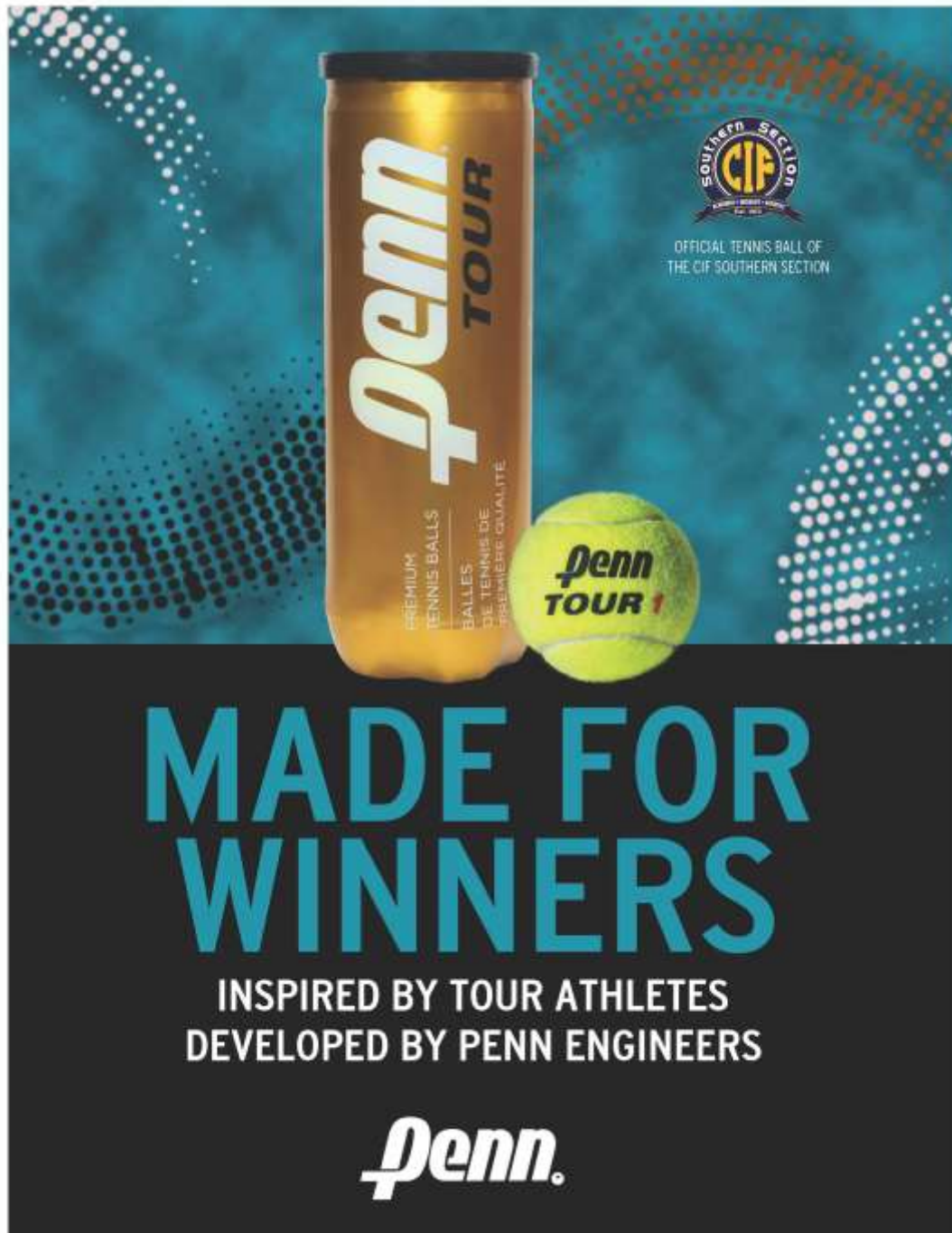
TOP TEN POLLS

Polls will be released by the CIF-SS office September 20 – October 30, 2021

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

September 19, 26; October 3, 10, 17, 24, 31

Final polls: Oct 30 (to be released Nov 1)



The advertisement features a central image of a yellow Penn TOUR tennis ball next to its cylindrical container. The container is yellow with 'Penn TOUR' printed vertically in white and black. Below the container, it says 'PREMIUM TENNIS BALLS' and 'BALLE'S DE TENNIS DE PREMIERE QUALITE'. To the right of the container is a single yellow tennis ball with 'Penn TOUR 1' printed on it. In the upper right corner, there is a circular logo for the 'SOUTHERN SECTION CIF' with the text 'OFFICIAL TENNIS BALL OF THE CIF SOUTHERN SECTION' below it. The background is a teal color with a pattern of white and black dots. At the bottom, a black banner contains the text 'MADE FOR WINNERS' in large, bold, teal letters, followed by 'INSPIRED BY TOUR ATHLETES' and 'DEVELOPED BY PENN ENGINEERS' in white. The Penn logo is at the bottom center.

CALENDAR DATES

FIRST CONTEST:

The initial date on which a school may schedule an interscholastic contest is **Monday, August 23, 2021**.

SCRIMMAGES:

The first allowable date for an interscholastic scrimmage is Monday, August 23, 2021. 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 **August 23, 2021** 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 Girls tennis teams must end on or before the Friday, November 5, 2021, 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, November 5, 2021.**

TEAM, STATE REGIONAL and INDIVIDUAL PLAYOFF DATES:

- **TEAM: 2021-2022 CIF SOUTHERN SECTION FORD GIRLS TEAM TENNIS PLAYOFFS**

DIVISIONS 1 – 5

Wild Card:	Tuesday, November 2, 2021	(Home Sites)
First Round:	Wednesday, November 3, 2021	(Home Sites)
Second Round:	Friday, November 5, 2021	(Home Sites)
Quarter Finals:	Monday, November 8, 2021	(Home Sites)
Semi-Finals:	Wednesday, November 10, 2021	(Home Sites)
Finals:	Friday, November 12, 2021	(Great Park Tennis Center) - Tentative

OPEN DIVISION

First Round:	Friday, November 5, 2021	(Home Sites)
Semi-Finals:	Wednesday, November 10, 2021	(Home Sites)
Finals:	Friday, November 12, 2021	(Great Park Tennis Center) - Tentative

Up to 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.

- **2021-2022 CIF STATE SOUTHERN CALIFORNIA REGIONAL GIRLS TENNIS TEAM CHAMPIONSHIP**

November 19-20, 2021 @ Great Park Tennis Center - Tentative

- **INDIVIDUAL: 2021-2022 CIF SOUTHERN SECTION FORD GIRLS INDIVIDUAL TENNIS PLAYOFF DATES**

The 2021-2022 CIF Southern Section Ford Girls Individual Tennis Championships, consisting of competition in both singles and doubles, shall be conducted on:

Monday, November 22, 2021 - (Sectionals 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, December 1, 2021 (Round of 32, Round of 16, Quarterfinals) – Whittier Narrows Tennis Club

Thursday, December 2, 2021 (Semis, Finals) – Whittier Narrows Tennis Club

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, Girls>click Search

This page will display the most up to date information on
Girls 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, Girls"

-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, Girls" 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, NOVEMBER 3, 2021

Attention Athletic Directors/Coaches: It is very important that you enter your entire Girls Tennis Varsity roster into CIFSSHOME.org (www.CIFSSHOME.org) no later than **WEDNESDAY, NOVEMBER 3, 2021**

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, Girls"

-Here are the instructions for using the sample file.

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

Required Columns for Girls 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 Girls Tennis coaches (Head & Assistants) into CIFSSHOME.org (www.CIFSSHOME.org) no later than **WEDNESDAY, NOVEMBER 3, 2021**

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, Girls).

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

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

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Girls Tennis. The At Large Application is to be submitted by your school no later than **FRIDAY, NOVEMBER 5th @ 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, Girls" 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 2021-2022

Official Ball per sport:

Baseball:	Rawlings CIF-SS Rawlings RCIF-SS	<small>Must be CIFSS/NOCSAE stamped ball; not an alternative Rawlings ball</small> <small>Must be CIFSS/NOCSAE stamped ball; not an alternative Rawlings ball</small>
<i>*Boys Basketball:</i>	Wilson Evo NXT Game Basketball Size 7 (Used in CIF-SS Championship)	
<i>*Girls Basketball:</i>	Wilson Evo NXT Game Basketball Size 6 (Used in CIF-SS Championship)	
<i>*Football:</i>	Wilson GST NCAA 1003 Official Leather Football (Used in CIF-SS Championship)	
Lacrosse:	Champion Sports NOCSAE Balls	<small>(White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)</small>
<i>*Soccer:</i>	Wilson Forte Fybrid II NCAA Match Soccer Ball (Used in CIF-SS Championship)	
<i>*Softball:</i>	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
<i>*Volleyball:</i>	Mikasa VQ2000 Series (will be used in the 2021-2022 Championship) Mikasa VFC1000 Series (will be used in the 2022-2026 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.

**There is a 1-year transition period for the following sports. The mandatory playoff use requirement goes into effect for these sports in the 2022-2023 season.*

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

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 2021-2022 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=50>
- BASIC ELIBILITY REQUIREMENTS FOR PARTICIPATION – BYLAW 220
<https://cifss.org/resources/blue-book/?gotopage=83>
- ACCOUNTABILITY – BYLAW 125

125.1 - COACH EJECTION
<https://cifss.org/resources/blue-book/?gotopage=44>
<https://cifss.org/resources/blue-book/?gotopage=137>

125.2 - FAILURE TO COMPLETE A CONTEST
<https://cifss.org/resources/blue-book/?gotopage=44>
- PLAYER CONDUCT – BYLAW 1224
<https://cifss.org/resources/blue-book/?gotopage=136>
- SUMMERTIME RULES/SUMMER DEAD PERIOD – BYLAW 1223
<https://cifss.org/resources/blue-book/?gotopage=135>
- TOBACCO PRODUCTS PROHIBITED – BYLAW 514
<https://cifss.org/resources/blue-book/?gotopage=110>
- OUTSIDE COMPETITION – BYLAW 600
<https://cifss.org/resources/blue-book/?gotopage=110>
- BYLAW 600 PENALTY – BYLAW 601
<https://cifss.org/resources/blue-book/?gotopage=112>
- SUPERVISION OF ATHLETES – BYLAW 503
<https://cifss.org/resources/blue-book/?gotopage=93>

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.

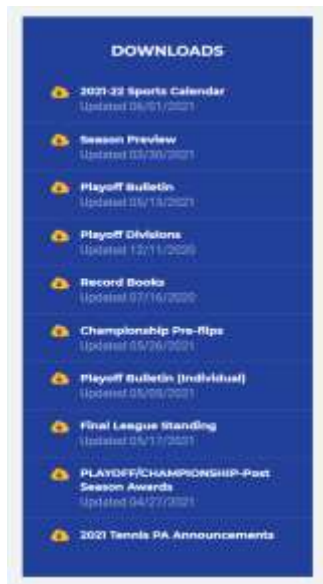
PLEASE NOTE: THIS RULE WAS REVIEWED WITH BOTH THE STATE CIF OFFICE AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE AND REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER THE DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION BYLAW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

The Girls Tennis divisional placements can be found on the girls' tennis sports page at www.cifss.org > Girls Tennis> Download button labeled "Playoff Divisions". The power point formula listed on the next page is used in determining this year's girls' 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.

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 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 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, Individual

TEAM PLAYOFF INFORMATION

- **2021-2022 CIF SOUTHERN SECTION FORD GIRLS TEAM TENNIS PLAYOFF DATES:**

DIVISIONS 1 – 5

Wild Card:	Tuesday, November 2, 2021	(Home Sites)
First Round:	Wednesday, November 3, 2021	(Home Sites)
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Quarter Finals:	Monday, November 8, 2021	(Home Sites)
Semi-Finals:	Wednesday, November 10, 2021	(Home Sites)
Finals:	Friday, November 12, 2021	(Great Park Tennis Center) - Tentative

NOTE: NO WARM UP COURTS AVAILABLE AT GREAT PARK TENNIS CENTER

OPEN DIVISION

First Round:	Friday, November 5, 2021	(Home Sites)
Semi-Finals:	Wednesday, November 10, 2021	(Home Sites)
Finals:	Friday, November 12, 2021	(Great Park Tennis Center) - Tentative

Up to 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 GIRLS TEAM TENNIS PLAYOFF ENTRY PROCESS:

The 2021-2022 Team Tennis Playoff Entry will be conducted by league placement within divisions. There will be six divisions of Girls 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 3410.1) Match scores must be regularly updated in CIFSSHOME.org and final season results submitted to the CIF-SS office by October 29, 2021. Freelance schools must also submit an “At Large” petition through CIFSSHOME.org prior to October 29, 2021.

STATE REGIONAL INFORMATION:

- **2021-2022 CIF STATE SOUTHERN CALIFORNIA REGIONAL GIRLS TENNIS TEAM CHAMPIONSHIP**

November 19-20, 2021 @ Great Park Tennis Center - **Tentative**

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.

2021-2022 CIF STATE SOUTHERN CALIFORNIA REGIONAL GIRLS 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

2021-2022 CIF SOUTHERN SECTION FORD GIRLS INDIVIDUAL TENNIS PLAYOFF INFORMATION:

LEAGUE QUALIFYING DATES FOR INDIVIDUAL CHAMPIONSHIPS (OPTIONAL):

November 1, 2 and 3, 2021

Because of the possibility of rain, it is advisable for leagues to schedule individual qualifying matches prior to November 1, 2021 and use the dates of November 1, 2 and 3 for scheduling rainouts.

All league information for Individual qualifiers must be entered in CIFSS Home by Friday, November 5, 2021 at 12:00 noon.

- **2021-22 CIF SOUTHERN SECTION GIRLS INDIVIDUAL TENNIS PLAYOFF DATES:**

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

Monday, November 22, 2021 - (Sectionals 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, December 1, 2021 (Round of 32, Round of 16, Quarterfinals) – Whittier Narrows Tennis Club

Thursday, December 2, 2021 (Semis, Finals) - Whittier Narrows Tennis Club

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 3410.2)

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

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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