

Penn

CIF SOUTHERN SECTION

TENNIS

2026-2027



**SEASON
PREVIEW**





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2026-2027 GIRLS TENNIS SEASON PREVIEW



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CALENDAR DATES

FIRST CONTEST:

The initial date on which a school may schedule an interscholastic contest is **Monday, August 17, 2026.**

SCRIMMAGES:

The first allowable date for an interscholastic scrimmage is **Monday, August 17, 2026.** 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 17, 2026**, and prior to the team's first interscholastic contest (tournament, league or non-league).

MAXIMUM/MINIMUM CONTESTS

CIF-SS Girls' Tennis teams will be permitted to compete in a season maximum of 24 contests (each contest counts one) and includes tournaments played in a different format than CIF round robin play plus two interscholastic scrimmages. Any tournament match WILL count against your 24 match limit regardless of format.

Scrimmages must be held before the first scheduled game and on or after the first contest date for the season.

TEAMS/INDIVIDUALS MUST PLAY AT LEAST EIGHT (8) TOTAL MATCHES MINIMUM OR A MAXIMUM OF TWENTY-FOUR MATCHES (24) TO BE ELIGIBLE FOR THE CIFSS TEAM AND/OR CIFSS INDIVIDUAL CHAMPIONSHIPS.

*If your athlete and/or team has not competed in at least eight (8) matches, you MUST contact CIF-SS Assistant Commissioner Jerry De Fabiis to explain the reasoning.

LAST CONTEST:

All league and non-league competition for Girls tennis teams must end on or before Wednesday, October 28, 2026, prior to the first playoff date. See Bylaw 3008 for end of competition guidelines.

TEAM, STATE REGIONAL and INDIVIDUAL PLAYOFF DATES:

- **TEAM: 2026-2027 CIF SOUTHERN SECTION FORD GIRLS TEAM TENNIS PLAYOFFS**

DIVISIONS (all divisions except Division 1)

First Round:	Wednesday, November 4, 2026	(Home Sites)
Second Round:	Friday, November 6, 2026	(Home Sites)
Quarter Finals:	Monday, November 9, 2026	(Home Sites)
Semi-Finals:	Wednesday, November 11, 2026	(Home Sites)
Finals:	Friday, November 13, 2026	(University of Redlands/Claremont Club)

DIVISION 1 - Note: Division 1 in previous years was called OPEN Division

First Round:	Friday, November 6, 2026	(Home Sites)
Semi-Finals:	Wednesday, November 11, 2026	(Home Sites)
Finals:	Friday, November 13, 2026	(University of Redlands/Claremont Club)

Up to eight (8) "Division 1" teams will be selected from the final rankings as determined by the USTA Serve rankings and team Massey rankings.

- **2026-2027 CIF STATE SOUTHERN CALIFORNIA REGIONAL and STATE GIRLS TENNIS TEAM CHAMPIONSHIP**

Southern California Regional: November 20-21, 2026 @ Claremont Club

State Team Championship: November 28, 2026 @ Sierra Sport & Racquet Club, Fresno

- **INDIVIDUAL: 2026-2027 CIF SOUTHERN SECTION FORD GIRLS INDIVIDUAL TENNIS PLAYOFF DATES**

The 2026-2027 CIF Southern Section Ford Girls Individual Tennis Championships, consisting of competition in both singles and doubles, shall be conducted on:

Monday, November 23, 2026 - (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 2, 2026 (Round of 32, Round of 16, Quarterfinals) – Biszantz Family Tennis Center @ CMS College

Thursday, December 3, 2026 (Semis, Finals) – Biszantz Family Tennis Center @ CMS College

SANCTIONED EVENTS/IN-SEASON RANKINGS

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

IN-SEASON RANKINGS

With the passage of the new competitive equity playoff system in January 2024 and changes to Bylaws 3519 and 3520, a weekly Top 10 poll is not necessary. The playoff divisions will be created at the end of the regular season based on the current year's data utilizing a combination of WTN Power Rankings and team results calculated by Massey Ratings.

All member schools will need to claim their school from the USTA platform and enter their scores and rosters in the USTA platform. The USTA will email information to tennis coaches and Athletic Directors at our CIFSS member schools. They will also provide training sessions and webinars. For questions regarding this process, please email CIF@scta.usta.com.

Additionally, it is **IMPERATIVE** that schools/teams **MUST** enter results, match-by-match, in CIFSSHome during the regular season as well as submit team rosters with players rankings (if applicable). This information is vital to rankings during the season and bracketing for the playoffs. As we move toward current year data for playoffs, failure to complete these requirements will affect schools/teams ability to participate in the playoffs. See Bylaw 3519.3 and 3519.

PENN TOUR EXTRA-DUTY

SAME GREAT BALL

NEW PACKAGING



The image shows a cylindrical container of Penn Tour Extra-Duty tennis balls. The container is orange and white, with the Penn logo prominently displayed. A single yellow-green tennis ball is shown next to the container, featuring the Penn Tour logo. The background is a gradient of yellow and orange, with a large, faint Penn logo.

Penn TOUR

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CIF SOUTHERN SECTION

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CIFSSHOMe.org / USTA SERVE TENNIS PLATFORM REQUIREMENTS

USTA SERVE TENNIS PLATFORM / CIFSSHome

USTA Serve Tennis and CIFSSHome are the platforms for CIF Southern Section member schools to input tennis rosters, schedules, scorecards and scores.

USTA Serve Tennis High School Platform

All member schools participating in tennis this season must:

1. **CLAIM their respective team on the USTA Serve platform.** **BEFORE** you can claim your team in the USTA Serve Tennis Platform, your school (Tennis Coach or Athletic Director) must receive an invitation from the USTA. Once you have received the invitation review the instructions/helpful tips provided in this link:

[High School - How to Claim a School – USTA Online Help Center](#)

If you cannot locate your page, please contact Jerry De Fabiis (jerryd@cifss.org or the USTA CIF@scta.usta.com). Schools will use their page to manage their VARSITY ROSTER AND SCHEDULE. Schools will also enter schedules, scores and rosters into www.cifsshome.org.

2. **ENTER rosters** (enter all students that may play a Varsity match during the season including JV or Novice) into the USTA platform and CIFSSHome.
 - Rosters must be posted at the start of the season.
 - Rosters must be up to date on the school's **USTA Serve VARSITY TEAM PAGE** prior to OCTOBER 9, 2026. **Students not listed on the USTA Serve VARSITY TEAM roster before OCTOBER 9, 2026, will NOT be eligible to participate in the CIF-SS postseason.**
3. Each player **MUST** compete in a **MINIMUM** of 8 sets to be eligible for the postseason.
4. **ENTER all schedules and scores** on the school's **USTA First Serve VARSITY TEAM PAGE** and in CIFSSHome. **ALL SCHEDULES & SCORES MUST BE ENTERED IMMEDIATELY FOLLOWING EACH MATCH (BYLAW 3519.2)**

Member schools who fail to accurately enter complete regular season results into the CIFSSHome system, will not be placed into a playoff division and will be ineligible to participate in the Southern Section Championships in that sport for that year. (BYLAW 3519.3)

CIFSSHome

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, Girls under "Sport"
- Choose Varsity under "Level"
- Type the opposing school name in "Add Opponent"
- Choose the type of game under "Select Game Type"
- Click on Home, Away or Neutral under "Location"
- Choose "Start Time"
- Click on "Save" to add one game or "Save & Duplicate" for multiple games.
- To **Submit your score:**
- On the left panel
- Click on "Teams"
- Select "Teams Manager"
- Scroll down to Tennis, Girls and click on VR to add Varsity scores
- Click on "Post Result" button
- Enter your team's score
- Enter the opponent's score
- The result should auto populate with either "W", "L" or "T" based on the correct match score entered.
- If the game was a forfeit, click on the Yes box
- Enter the set scores in "Notes".
- Make sure that your overall and team records are correct on your team page.

NOTE: Schools/Teams **MUST** enter results, **match-by-match**, into CIFSSHOME during the regular season as well as submit team rosters with players rankings (if applicable). This information is vital to rankings during the season & bracketing for the playoffs. As we move towards current year data for Playoffs, failure to do so **will** affect Schools/Teams ability to participate in the playoffs. See BYLAW 3519.3 & 3519.4

#3519.3 It is MANDATORY that all Southern Section member schools enter the results of ALL regular season contests and Southern Section playoff contests into the CIFSSHome system (www.cifsshome.org) within 2 weeks of your team's last contest.

#3519.4 Member schools who fail to accurately enter full and complete regular season results and/or Southern Section playoff results into the CIFSSHome system will not be placed into a playoff division for the upcoming season and will be ineligible to participate in the Southern Section Championships in that sport.

CIFSSHOMe.org Requirements (continued)

VARSITY TEAM INFORMATION (ROSTER)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Girls Tennis Varsity roster for eligibility purposes into CIFSSHOMe.org no later than **Monday, October 26, 2026**.

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, Girls”, 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 Girls 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 Girls 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 Girls 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.

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Girls Tennis coaches (Head & Assistants) into CIFSSHOMe no later than **Monday, October 26, 2026**.

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 Monday, October 26, 2026.

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, Girls”

- 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 Girls Tennis.

The At Large Application is to be submitted by your school no later than Wednesday, October 28th @ 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, Girls”, ADD

- Message will display that you have added

ADVISORY COMMITTEE MEMBERS

The CIF-SS office is continuing to utilize the concept of advisory committees for virtually all sports. The role of the advisory committee, comprised of coaches in their respective sport and an administrator from the CIF-SS office, may or may not include the following:

-  Meetings
-  Recommendations for playoff sites, procedural changes and rule changes
-  Assistance to coaches and/or officials' organizations
-  Liaison between coaches and CIF-SS Office

We ask that if you have suggestions or questions, please make use of this channel of communication and contact 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.

2026-2027 Girls Tennis Advisory Committee

COMMITTEE MEMBER	SCHOOL	EMAIL
Sean Comadena	Redlands	sean_comadena@redlands.k12.ca.us
Howard Farer		hkfarer@charter.net
Ray Fisher	Great Oak	rfisher@tvusd.us
Mike Hoeger		mjhoeger@me.com
Arthur Hsieh	Maranatha	ahsieh2964@aol.com
John Kessler	University	johnkessler@iusd.org
Travis Kikugawa	Viewpoint	Tkikugawa@viewpoint.org
Chuck Kingman	Marina	ckingman10s@yahoo.com
William Lou	Garden Grove	willamlou@yahoo.com
Jake Magnant	Rowland	imagnant@rowlandschools.org
Nick Mateljan	Poly Riverside	nmateljan@riversideunified.org
John McGaha	Garey	john.mcgaha@pomona.k12.ca.us
Brian Rice	Northview	brice@c-vusd.org
Ryan Sabado	Woodbridge	ryansabado@iusd.org
Natasha Schottland	Portola	natashaschottland@iusd.org
Jake Shearer	Orange Vista	jshearer@valverde.edu
Greg Tebbe	Santa Barbara	gregtebbe@gmail.com
Terry Urban	Colton	terry_urban@cjusd.net
Bob Walton		xusforme@aol.com
Ken Whitmer		kwhitless2@yahoo.com

OFFICIAL BALL - TENNIS





UPDATED: 7.7.2026

2026-2027 OFFICIAL BALL LIST

	OFFICIAL BALL	APPROVED FOR PLAY MODELS
<u>BASEBALL</u>	RAWLINGS RCIFSS	
<u>BASKETBALL</u>	WILSON NCAA EVO NXT	WILSON EVOLUTION & WILSON JET
<u>FLAG FOOTBALL</u>	WILSON GST SPEEDSKIN HEIR WILSON GST TDY	WILSON GST SPEEDSKIN TDY WILSON GRT HEIR
<u>FOOTBALL</u>	WILSON GST	WILSON OMEGA WILSON GRT WILSON GST PRIME - DISCONTINUED
<u>LACROSSE</u>	PEARL X	PEARL LT
<u>SOCCER</u>	WILSON NCAA VIVIDO	WILSON NCAA VEZA
<u>SOFTBALL</u>	RAWLINGS PX2CIFSS	RAWLINGS DREAM SEAM RAWLINGS RED DOT RAWLINGS FPCIFSS - DISCONTINUED
<u>TENNIS</u>	PRO PENN MARATHON+	PENN TOUR PRO PENN MARATHON PENN CHAMPIONSHIP
<u>VOLLEYBALL, BEACH</u>	WILSON AVP OPTX	WILSON NCAA OPTX
<u>VOLLEYBALL, INDOOR</u>	MIKASA V200W-USAN	MIKASA VFC1000 SERIES MIKASA VQ2000 SERIES
<u>WATER POLO</u>	KAP7 HYDROGRIP	

*THE OFFICIAL BALL RULE IS MANDATORY FOR ALL CIF-SS PLAYOFF ROUNDS.

NFHS STAMP IS REQUIRED IN ALL SPORTS EXCEPT GIRLS FLAG FOOTBALL, GOLF, TENNIS AND BEACH VOLLEYBALL.*

OFFICIAL BALL RULE:

SHOULD A SCHOOL FAIL TO PROVIDE THE CORRECT GAME BALL, THE GAME WILL ALWAYS BE PLAYED. TEAMS/SCHOOLS FAILING TO UTILIZE THE CORRECT OFFICIAL BALL IN CIF-SS PLAYOFFS WILL BE REPORTED BY OFFICIALS TO CIF-SS AND WILL NOT BE ALLOWED TO HOST THEIR NEXT AVAILABLE HOME PLAYOFF GAME. PENALTY WILL CARRY OVER TO THE NEXT SEASON IF NOT ENFORCEABLE THIS SEASON DUE TO ELIMINATION.

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 2026-2027 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 Blue Book information listed below:

- STANDARDS OF ELIGIBILITY – BYLAW 201
<https://cifss.org/resources/blue-book/?gotopage=53>
- BASIC ELIBILITY REQUIREMENTS FOR PARTICIPATION – BYLAW 220
<https://cifss.org/resources/blue-book/?gotopage=87>
- ACCOUNTABILITY – BYLAW 125
125.1 - COACH EJECTION
<https://cifss.org/resources/blue-book/?gotopage=47>
<https://cifss.org/resources/blue-book/?gotopage=101>
125.2 - FAILURE TO COMPLETE A CONTEST
<https://cifss.org/resources/blue-book/?gotopage=47>
- PLAYER CONDUCT – BYLAW 503.M
<https://cifss.org/resources/blue-book/?gotopage=101>
- SUMMERTIME RULES/SUMMER DEAD PERIOD/SUNDAY RESTRICTION
– BYLAW 1223
<https://cifss.org/resources/blue-book/?gotopage=140>
- PRACTICE ALLOWANCE – BYLAW 506
<https://cifss.org/resources/blue-book/?gotopage=107>
- OUTSIDE COMPETITION – BYLAW 600
<https://cifss.org/resources/blue-book/?gotopage=114>
- BYLAW 600 PENALTY – BYLAW 601
<https://cifss.org/resources/blue-book/?gotopage=116>
- PLAYOFFS – BYLAW 3500
<https://cifss.org/resources/blue-book/?gotopage=213>

- SUPERVISION OF ATHLETES – BYLAW 503
<https://cifss.org/resources/blue-book/?gotopage=97>

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.

USTA HANDBOOK OF RULES AND REGULATIONS:

The following link provides current rules and regulations from the USTA. Please review with tennis coaches and assistants.

<https://www.usta.com/content/dam/usta/coach-organize/content-fragments/resource-library/assets/pdfs/friend-at-court.pdf>

SPORT SPECIFIC INFORMATION:

DIVISION PLACEMENTS:

The Girls Tennis playoff divisions will be created at the end of the regular season based on the current year's data utilizing a combination of WTN Power 6 Rankings and team results calculated by Massey Ratings.

USTA Serve Tennis High School Module

Ratings and Ranking



What is the ITF World Tennis Number?

The International Tennis Federation (ITF) developed the ITF World Tennis Number (WTN) for singles and doubles, providing a global standard for players. Using a 40-1 scale, with 40 being a beginner and 1 being an elite professional, this scale is for all players, regardless of age, gender or ability.

Why did the USTA adopt the WTN?

WTN, has been adopted in 170+ countries, is designed to make playing and competing more fun. It is one of the most advanced and accurate rating systems in the world.

How do I get a WTN?

A player earns a WTN from participation in and results from USTA tournaments, Junior Team Tennis, USTA League and CIF (SoCal) plus ITF events. Players can access their WTN on usta.com.

How does WTN work?

WTN is calculated by an algorithm that takes into account pre-match rating, match score and results. A player's WTN changes depending on the match score and how it compares to the pre-match projection of the outcome. Current results carry more weight, and match results are analyzed at the set level; the algorithm takes into account each individual set as its own result.

What are some benefits of the WTN?

WTN benefits players, providers and coaches alike by:

- Identifying players at your level for closer matches, more fun and more improvement
- Tracking your progress, as well as your favorite players, friends, professionals and local competition, and making comparisons to improve your game
- Grouping, seeding, and comparing players and teams. Helping college coaches evaluate prospective student-athletes worldwide

How will the USTA use WTN?

WTN is seamlessly integrated into Serve Tennis to aid tournament directors, commissioners, referees, and providers in seeding, selection, grouping, flighting and setting up banded

events.

Does the WTN cost anything?

The WTN is a no-cost solution for a dynamic rating for providers to group players, and for players, parents and coaches to track progress over time. It is a free tool for providers and players.

How does WTN differ from a ranking?

Match wins make up your USTA ranking. Ranking points are awarded by either points per round or points per win, depending on the tournament level. Match scores make up your WTN rating. Match scores are analyzed at set level. The algorithm takes into account each individual set as its own result.

USTA Rankings - National Standings List

How is the National Standings list calculated?

- 100% of the singles ranking points from a player's 6 best Junior Ranking Tournaments
- 15% of the ranking points from a player's best 6 doubles and/or mixed doubles Junior Ranking Tournaments played.
- Ranking Points earned in an older age division tournament count towards a player's standing in one or more younger age divisions provided that a Junior Ranking Tournament has been played in the division and they are among the player's best 6 results.
- 20% of the Ranking Points earned in a younger age division tournament count towards a player's standing in the next-older age division if they are among the player's best 6 results, regardless of whether a Junior Ranking Tournament has been played in that division.

CIF Southern Rankings- calculation method to be determined by CIF Southern Tennis

WTN is used to establish both USTA Rankings and CIF Rankings but each governing body maintains and administers its own ranking list.



Enhancements to the World Tennis Number (WTN) Algorithm

The International Tennis Federation (ITF) is introducing a series of improvements to the World Tennis Number (WTN) to support the long-term sustainability of the system and ensure even greater accuracy for the growing global player community. These improvements will be introduced the week of **August 10, 2026** and are based on feedback from players, coaches, providers and national associations.

How does the WTN rating system work?

- Every player has a WTN before each match
- Based on both players' ratings, an expected outcome is calculated
- After the match, ratings are adjusted based on the difference between the expected and actual result
- If you perform better than expected, your WTN will improve and if you perform worse than expected, your WTN will decrease
- Most importantly, playing and competing is what matters most - ratings simply reflect how you perform

What's changing?

A greater focus on recent performance

WTN will now use a rolling three-year rating window. This ensures ratings better reflect current level while keeping the system efficient as global participation continues to grow.

Every game will count

The algorithm will now consider the score within each set. For example, a close 6–4 set could result in a smaller rating movement than a one-sided 6–0 set when a match is played within the Game zONE.

Better reflection of player development

Ratings will better reflect natural player development over time - particularly for juniors - helping improve alignment with adult levels.

More accurate ratings for inactive players

For players who have not competed for over a year, ratings may gradually adjust to reflect the absence of recent competitive results.

These improvements will help ensure that the WTN continues to:

- Reflect match performance
- Encourage resilience and competitive effort
- Support player development
- Continue to encourage fair and meaningful competition



WTN Algorithm Enhancement FAQs

1. General Questions

Why is the World Tennis Number (WTN) algorithm changing?

The enhancements improve how ratings reflect match performance and respond to feedback from players, coaches, providers and National Associations. The changes are designed to make ratings fairer, more reflective of current playing level, and better aligned with player development.

Will my rating change because of these updates?

Algorithm enhancements could affect all players, as the ITF are making fundamental changes to how ratings are calculated. The ITF's analysis indicates that players who compete regularly are generally less affected in terms of their position relative to other players but their rating may see an improvement.

Overall, will most players see their ratings go up or down?

The primary outcome is improved rating accuracy, with ratings better reflecting current performance, player development and relative position among peers.

Will these changes affect tournaments and events that use WTN?

Tournaments will continue to operate as normal and if they use WTN, they will do so based on the information available prior to the entry deadline. The primary change is that ratings should provide a more accurate reflection of current playing level and competitive performance.

Will the WTN algorithm change again in the future?

Yes. WTN will continue to evolve as participation grows globally and feedback is received from players, coaches, National Associations and providers.

How is the doubles algorithm affected?

The doubles algorithm will also have the same set of changes applied to it. In addition, the doubles algorithm will also stop considering the rating of your partner in the calculation to better reflect your performance against your peers.

2. Game-Level Scoring ("Every Game Counts")

What does "every game counts" mean?

The rating calculation now considers the game score within each set, rather than only the set result. This means that closer sets, such as 6-4 or 7-5, are treated differently from more one-sided sets such as 6-0, providing a more accurate reflection of match performance following feedback from players and coaches.

I won my match but my WTN didn't improve. How is that possible?

WTN reflects not just whether you win, but how you perform compared to expectations. If you are expected to win comfortably but the match is closer than the algorithm's expectation, your rating may stay the same or get worse. This helps ensure ratings accurately reflect performance levels.



Is there a benefit to winning by a larger score?

Generally, more decisive wins can result in greater positive impact, especially when they exceed expectations. However, the system is designed to recognise overall performance.

Is there a limit to how much a big win can improve my rating?

Rating changes continue to consider the rating of your opponent as a key part in your performance. For example, a dominant win against a stronger opponent is likely to have a greater impact than a dominant win against a weaker opponent.

Do different match formats affect ratings differently?

All recognized match formats are included in the WTN calculation. The system adjusts for different formats to ensure ratings remain fair and consistent.

How are tiebreaks treated in the rating?

Tiebreaks are included as part of the overall match result. However, they are not treated in the same way as a full set because they are played over a shorter format.

3. Three-Year Rating Window & Activity

What is the three-year rating window?

The algorithm now focuses primarily on match results from the past three years, helping ensure ratings reflect recent performance and current playing level.

Will older match results disappear?

Older results will continue to appear in a player's match history. However, once they fall outside the three-year rating window, they will no longer influence rating calculations.

Will my rating drop suddenly when older matches fall outside the three-year window?

No. The transition is gradual. Older matches naturally reduce in influence over time, so rating changes are typically smooth rather than sudden.

Can playing more matches remove older results faster?

No. The three-year window is based on time, not match volume. Playing more matches will not accelerate the removal of older results, but it will provide more recent results that help inform your current rating better.

What happens if I don't play many matches?

Ratings are most accurate when based on recent activity. If you play less frequently, your rating becomes less reliable and your confidence level may decrease over time.



4. Inactivity & Rating Decay

Why are ratings adjusted for inactive players?

If a player has not competed for a long period of time, their rating may no longer reflect their current level. Gradual adjustments help maintain fair competition and improve the accuracy of ratings.

Will my rating decrease if I stop playing for a while?

If you do not compete for over a year, a small and gradual adjustment may be applied to reflect the impact of inactivity.

What happens if I return to tennis after a long break?

Your rating may have adjusted slightly during your period of inactivity, but it will quickly become more representative of your current level once you resume competing regularly.

5. Player Development

Will younger players see changes to their ratings over time?

Yes. The system includes a small adjustment to reflect natural player development, particularly among junior players. This helps ensure ratings remain aligned with improving physical and technical ability.

6. Game zONe

What happens if I play someone outside my Game zONe?

Matches against players both inside and outside your Game zONe count toward your rating. However, matches within your Game zONe generally have greater relevance because they represent more competitive matchups.

Will playing opponents far above or below my level harm my rating?

Not necessarily. The system considers the expected outcome of the match. Playing stronger or weaker opponents will not negatively impact your rating if your performance aligns with expectations.

7. Match Completion & Retirements

What happens if a match is not completed, for example due to retirement?

The algorithm considers available score data while maintaining fairness and integrity within the rating calculation.

Is there any advantage to stopping a match early to protect my rating?

No. The system is designed to discourage this behaviour. Completing matches and competing for every game provides the most accurate reflection of performance.

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 warm up, 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 retire any set other than due to illness or injury. Once a player has 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. A player can only be defaulted for late arrival (no show) or USTA Code violations (3). Score is 6-0 for the opponent.

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.** 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 player's call is challenged by the opponent. The linesperson shall either uphold the original call or overrule 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

- **2026-2027 CIF SOUTHERN SECTION FORD GIRLS TEAM TENNIS PLAYOFF DATES:**

DIVISIONS (all divisions except Division 1)

First Round:	Wednesday, November 4, 2026	(Home Sites)
Second Round:	Friday, November 6, 2026	(Home Sites)
Quarter Finals:	Monday, November 9, 2026	(Home Sites)
Semi-Finals:	Wednesday, November 11, 2026	(Home Sites)
Finals:	Friday, November 13, 2026	(Claremont Club/University of Redlands)

DIVISION 1 - Note: Division 1 in previous years was called OPEN Division

First Round:	Friday, November 6, 2026	(Home Sites)
Semi-Finals:	Wednesday, November 11, 2026	(Home Sites)
Finals:	Friday, November 13, 2026	(Claremont Club/University of Redlands)

Up to eight (8) “Division 1” teams will be selected from the final polls to reflect the Top 8 teams in the section, as determined by the USTA First Serve rankings and team Massey rankings.

CIF SOUTHERN SECTION FORD GIRLS TEAM TENNIS PLAYOFF ENTRY PROCESS:

The 2026-2027 Team Tennis Playoff Entry will be conducted by league placement within divisions. There will be eight divisions (D1- D8) of Girls tennis. Note: Division 1 was previously called OPEN Division

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 32 (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 3510.1) Match scores must be regularly updated in CIFSSHOME.org and final season results submitted to the CIF-SS office by October 28, 2026. Freelance schools must also submit an “At Large” petition through CIFSSHOME.org prior to October 28, 2026.

STATE REGIONAL INFORMATION:

- **2026-2027 CIF STATE SOUTHERN CALIFORNIA REGIONAL and STATE GIRLS TENNIS TEAM CHAMPIONSHIP**

Southern California Regional: November 20-21, 2026 @ Claremont Club

State Team Championship: November 28, 2026 @ Sierra Sport & Racquet Club, Fresno

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 (**Division 1 Semi-Finalists**)

Note: Division 1 was previously called OPEN Division

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

2026-2027 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**)

Division 1 – 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

2026-2027 CIF SOUTHERN SECTION FORD GIRLS INDIVIDUAL TENNIS PLAYOFF INFORMATION:

LEAGUE QUALIFYING DATES FOR INDIVIDUAL CHAMPIONSHIPS (OPTIONAL):

October 28, October 29, and October 30, 2026

Because of the possibility of rain, it is advisable for leagues to schedule individual qualifying matches prior to October 28, 2026, and use the dates of October 28, October 29 and October 30, 2026 for scheduling rainouts.

All league information for Individual qualifiers must be entered in CIFSS Home by Wednesday, November 4, 2026, by 12 noon.

- **2026-27 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 23, 2026 - (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 2, 2026 (Round of 32, Round of 16, Quarterfinals) – Bisantz Family Tennis Center @ CMS College

Thursday, December 3, 2026 (Semis, Finals) - Bisantz Family Tennis Center @ CMS College

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 3510.2)

ENTRY FEES (Individual Sectionals) **\$20/singles, \$40 doubles**

Schools that have players competing in the CIF-SS Girls Individual Sectional Tournaments will be responsible for the entry fee. The entry fee must be received in the CIF-SS office before participation in the assigned Sectional. Instructions regarding payments will be provided in the Girls Individual Playoff Bulletin. Fees are to be paid through cifsshome.org or via school check made payable to CIF Southern Section.

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

CIF-SS RECORD BOOK

The CIF-SS Record Book is updated on a yearly basis and can be found here.

<https://cifss.org/record-book/>

The CIF-SS Communications Office will automatically update information on championship teams, scores, and Players of the Year. Should your team, an athlete on your team, or a coach, meet a milestone record, then please complete this form.

<https://cifss.org/record-book-request/>

Please note we only record the top 10 in each category.



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HEALTH & SAFETY

For additional information and resources refer to the Sports Medicine section on the CIF State website.

https://www.cifstate.org/sports-medicine/heat_illness/index

EXTREME HEAT AND AIR QUALITY POLICY

As per CA State Law AB 1653 and CIF Bylaw 503 K. Heat Illness and 503 L. Air Quality Index Protocols, all CIF member schools must adhere to the CIF Heat Illness Prevention and Heat Acclimatization Policies as outlined below.

Extreme Heat Procedures:

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.

Depending on your Category Region (see map below), it is mandated for the benefit of the health and safety of our student-athletes that practice/games be canceled, or delayed until cooler when WBGT exceeds these levels:

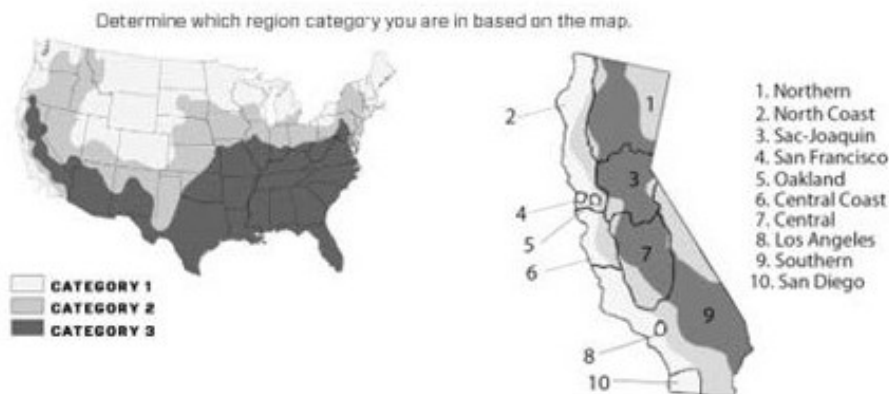
- Region Category 1 $\geq 86.2^{\circ}\text{F}$
- Region Category 2 $\geq 89.9^{\circ}\text{F}$
- Region Category 3 $\geq 92.0^{\circ}\text{F}$

STEP 1

Find your Region Category

Based on the following map, schools should select the heat category for their region to follow the required guidelines shown below. Click here to find your school's heat category: https://www.cifstate.org/sports-medicine/WBGT_Category.pdf

The majority of states fall under just one category or two at the most. However, due to its diverse climate across the state, California encompasses all three categories: light gray - Category 1 / medium gray - Category 2 / dark gray - Category 3. (See image below).



STEP 2

WBGT Readings (Note: Temperatures listed in the chart below are calculated using a WBGT and are not basic air temperatures) Please see Step 3 below for samples of WBGT readings.

Cat 3	Cat 2	Cat 1	Outdoor Activity Guidelines
<82.0°F	<79.7°F	<76.1°F	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
<27.8°C	<26.5°C	<24.5°C	
82.2 - 86.9°F	79.9 - 84.6°F	76.3 - 81.0°F	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
27.9 - 30.5°C	26.6 - 29.2°C	24.6 - 27.2°C	
87.1 - 90.0°F	84.7 - 87.6°F	81.1 - 84.0°F	Maximum outdoor practice time is 2 h. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. <u>For Football/Field Hockey:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing full pads without changing to shorts.
30.6 - 32.2°C	29.3 - 30.9°C	27.3 - 28.9°C	
90.1 - 91.9°F	87.8 - 89.6°F	84.2 - 86.0°F	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 h. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice.
32.2 - 33.3°C	31.0 - 32.0°C	29.0 - 30.0°C	
≥92.1°F	≥89.8°F	≥86.2°F	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.
≥33.4°C	≥32.1°C	≥30.1°C	

STEP 3

Schools without a WBGT should use the link below from the NOAA for a WBGT reading

<https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTTFTT®ion=0&element=8&mxmz=true&barbs=false&subl=TTTTTT&units=english&wunits=nautical&coords=latlon&tunits=localt>

EXAMPLE @2:30 PM

AUGUST 31, 2023

AUGUST 31, 2023

AUGUST 31, 2023

CATEGORY 1 SCHOOLCATEGORY 2 SCHOOLCATEGORY 3 SCHOOL

Outside Air Temp 87° F

Outside Air Temp 97° F

Outside Air Temp 92° F

WBGT Reading =80

WBGT Reading =82

WBGT Reading =81

CIF Fall Outdoor Sports Acclimatization Policy

Given the extreme heat issues typically experienced at the start of the Fall sports season, heat acclimatization is crucial for high school athletes to help them adapt to hot weather conditions and reduce the risk of heat-related illnesses. The following is a four-step plan for heat acclimatization in outdoor high school sports:

1. **Gradual Increase in Activity:**
 - Start with light workouts in cooler conditions to prepare athletes for increased heat exposure.
 - Gradually increase the intensity and duration of practice sessions over 10-14 days.
2. **Hydration Education:**
 - Teach athletes the importance of staying hydrated and recognizing signs of dehydration.
 - Encourage regular water breaks during practice and games and always provide access to water.
3. **Modify Practice Schedules:**
 - Schedule outdoor practices during cooler times, like early morning or late evening.
 - Allow frequent breaks and shade to help athletes cool down and recover.
4. **Monitor Athlete Health:**
 - Educate coaches, trainers, and athletes on the signs of heat-related illnesses (heat exhaustion and heat stroke).
 - The school will have available a method to institute whole-body cooling to treat a student-athlete with exertional heat illness, especially heat stroke (e.g., ice tub, "taco tarp", ice towels) which is easily accessible at all practice and contest venues.

Safety should always be the top priority when acclimating high school athletes to hot weather conditions. This plan helps athletes adapt while minimizing the risk of heat-related issues.

For All Outdoor Fall Sports

Five-Day Acclimatization Period. Preseason practice shall begin with a five-day acclimatization period for all Fall student-athletes. All student-athletes, including those who arrive at preseason practice after the first day of practice, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:

- (a) Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours.

For Football Only

- (b) During the first three days of practice or testing activity, helmets shall be the only protective equipment student-athletes may wear. During the next two days of practice or testing activity, helmets, and shoulder pads shall be the only protective equipment student-athletes may wear. Student-athletes may practice in full pads on the sixth day of practice or testing activity.

For Aquatic Sports Only

- (c) For practice only, schools may use the NFHS rule regarding water temperature (Section 6 Article 3) in place of the CIF Outdoor Activity Guidelines.

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

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

Air Quality and Sport Participation: CIF Position Statement Sports Medicine Advisory Committee

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

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

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

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

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

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

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

References

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

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