

CIF SOUTHERN SECTION



Traditional Competitive Cheer

WINTER 2023



SEASON
PREVIEW



BRONCO



F-150 RAPTOR



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MUSCLES. SPEED. AGILITY. SMARTS.

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EXPLORER



RANGER



BRONCO SPORT

**2023-2024 TRADITIONAL COMPETITIVE CHEER SEASON
PREVIEW**

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2023-24 CIF SOUTHERN SECTION

CHEER ADVISORY COMMITTEE

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2023-24 COMPETITIVE CHEER SEASONS

Following is a capsule of the CIF Southern Section calendar for the 2023-24 Competitive Cheer Seasons.

STARTING DATES FOR INTERSCHOLASTIC CONTESTS

For Traditional Competitive Cheer, interscholastic contests may be scheduled during the Fall, Winter, and/or Spring seasons of sport. For STUNT Cheer, no interscholastic contest (non-league, tournament, or league) may be scheduled prior to Friday, February 24, 2024.

END OF COMPETITION

For STUNT Cheer, all league competition must end on or before Friday, May 3, 2024. Schools may compete until May 4, 2024 for non-league contests.

TRADITIONAL COMPETITIVE CHEER CHAMPIONSHIPS

Traditional Competitive Cheer Championships will be held on January 20, 2024 at Martin Luther King High School in Riverside. Specific information regarding this event will be posted in the playoffs bulletin posted in October.

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

click on *GOVERNANCE TAB*,
click on *SANCTIONED EVENTS*,
select Traditional Competitive Cheer or Competitive Sport Cheer,
click Search

This page will display the most up to date information on

**Traditional Competitive Cheer or STUNT Cheer
Approved Sanctioned Events**

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHOME (www.cifsshome.org) as well as update the scores immediately following your contests.

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

- On the left panel, click on "Teams", select "Traditional Competitive or Competitive Sport Cheer"

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 **Traditional Competitive Cheer** 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 **Cheer** and click on VR to add Varsity scores
Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

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

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Traditional Competitive Cheer coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **WEDNESDAY, JANUARY 17, 2024**

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

- Click on the "Users" tab, click on "User Manager", click on the  in the upper right hand corner to add Coaches and Assistant Coaches. Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (TEAM PHOTO)

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 "Traditional Competitive Cheer", click on the "Team Photo" tab,

Click on the  under "TEAM PICTURE", choose the file, click **Submit**.

VARSITY TEAM INFORMATION (ROSTERS)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Traditional Competitive Cheer Varsity roster into CIFSSHome (www.cifsshome.org) no later than **WEDNESDAY, JANUARY 17, 2024**

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


- Click on the "Teams" tab, click on "Teams Manager", click on "Traditional Competitive Cheer", select 

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

Required roster information for Traditional Competitive Cheer 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 Volleyball.

(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 Traditional Competitive Cheer are:

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

- Click on to find your file, then click on



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

- Click on the   next

SCHOOL LOGO

Log in @ www.cifsshome.org

- Click on the "Configuration" tab

- Click on "School Info"

- Click on "Choose File" (.PNG file format is preferred)

- Choose the "No" option for Hide from Directory?

- Click Save

SOCIAL MEDIA ACCOUNTS

Log in @ www.cifsshome.org

- Click on the "Configuration" tab

- Enter all school account names available next to the social media options (ie. Facebook, Instagram, Twitter)

- These accounts are used during playoffs and for Games of the Week

BLUE BOOK RULES AND SPECIAL POINTS OF INTEREST

A) LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport on the same day.

B) 1223 SUMMERTIME RULES/SUMMER DEAD PERIOD -

1223.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

1223.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- * High school students and individuals from the general community can attend.
- * The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- * The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- * The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- * Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

1223.3 A summer dead period must be declared by the school district and/or principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all sports all levels and must be two (2) consecutive weeks, fourteen (14) days between the end of school in the spring and the first day of school in the Fall. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, NO weight lifting would be permitted. No running or other type of conditioning would be allowed. No coordinated workouts by ANY staff or volunteer member associated with the school are allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, Junior Olympics, etc., would be allowed to continue, until completion, during the dead period.

Sunday Practice Restrictions (Bylaws 310 and 504)

Coaches and players must adhere to the CIF Rule 310 which prohibits organized team practice on Sunday. Exceptions are granted only to religious schools who file the Declaration of Alternate Day of Respite form, which can be found at www.cifss.org.

No practice or instruction from the school coach of any type (team or individual) may be conducted on Sunday. If a coach is transporting players on Sunday to a tournament on Monday, the coach must notify the Southern Section office and advise the Commissioner of his plans.

What constitutes organized practice?

Organized practice shall be interpreted as meaning the association of a coach with team members for the purpose of learning or practicing the skills of cheer. It is important to realize that a coach should also conform to the spirit as well as the letter of the rule. For example, a cheer coach who is sitting in the stands while his or her team is using the practice facilities would be in violation of this rule.

504.M - Exception #2: Traditional Competitive Cheer teams competing in the annual National High School Traditional Competitive Cheer (NHSCC) event. This exception may be used one-time per school year for the above event only. Schools seeking an exception for the NHSCC event should contact their local CIF Section office.

*Schools requesting an exception must provide documentation, if requested, of Adherence to the rule of no interscholastic participation (practice and/or contest) within seven (7) consecutive 24-hour days.
(April 2021 Federated Council)

2024 CIF State Northern/Southern Regional Invitationals

Divisions & Categories:

- **Varsity Categories:**
 - **Small 5-19, Large 20-36**
 - **Small Coed 1-4 males Large Coed 5+ males**
 - **Non-Tumbling Small 5-19 and Large 20-36**
- **CIF reserves the right to add, delete, combine and / or split divisions, based on enrollment and in the interest of competition.**
- **CIF Sections may continue to operate Section League, Regional & Championship events with current Section Divisions, however, only those in divisions listed above will be eligible to compete at the Northern Southern State Regional Invitational.**
- **Divisions above will follow all NFHS Spirit Safety Rules. Rules may be found using the link below.**
<https://www.usacheer.org/high-school-cheer>

Registration Opens – November 6, 2023 and will close January 12, 2024

SoCal Regional Invitational – January 27, 2024

For more information, go to www.cifstate.org

2023-24 TRADITIONAL COMPETITIVE CHEER PARTICIPATING SCHOOLS (As of 9/29/2023)

Academy Careers & Exploration
Alhambra/Alhambra
Aliso Niguel
Anaheim
Animo City of Champions
Animo Leadership
Aquinas
Arlington
Arroyo
Artesia
Ayala, Ruben
Azusa
Baldwin Park
Banning
Beaumont
Beckman, Arnold
Bellflower
Bloomington
Bolsa Grande
Brea Olinda
Brentwood
Buena Park
Burbank
Burroughs/Burbank
Burroughs/Ridgecrest
Cajon
California
California Military Institute
Calvary Chapel/Downey
Cantwell-Sacred Heart of Mary
Canyon Springs
Canyon/Anaheim
Canyon/Canyon Country
Capistrano Valley
Capistrano Valley Christian
Carpinteria
Centennial/Compton
Centennial/Corona
Century
Cerritos
Channel Islands
Charter Oak
Chino
Chino Hills

Citrus Valley
Claremont
Coastal Christian
Colony
Colton
Costa Mesa
Covina
Crean Lutheran
Crossroads Christian
Culver City
Cypress
Desert Mirage
Diamond Ranch
Dominguez
Don Lugo
Downey
Edgewood
Edison
El Dorado
El Modena
El Monte
El Rancho
El Toro
Elsinore
Entrepreneur/Highland
Estancia
Fairmont Prep
Faith Baptist
Fillmore
Fontana
Foothill/Santa Ana
Fountain Valley
Gabrielino
Gahr
Garden Grove
Glendale
Glendora
Godinez
Golden Valley/Santa Clarita
Grand Terrace
Granite Hills/Apple Valley
Hart High
Hawthorne
Hemet

Heritage Christian
Hoover/Glendale
Hueneme
Huntington Beach
Indian Springs
Indio
Inglewood
Irvine
Jordan
JSerra Catholic
Jurupa Hills
Kaiser
Kennedy/La Palma
King, Martin Luther
La Quinta/Westminster
La Salle
La Serna
Laguna Beach
Laguna Hills
Lakeside/Lake Elsinore
Lakewood
Lancaster
Lawndale
Leuzinger
Liberty/Winchester
Lifeline Education Charter
Los Alamitos
Los Altos/Hacienda Heights
Los Amigos
Lutheran/Orange
Magnolia
Maranatha
Marina
Mark Keppel
Mary Star of the Sea
Mater Dei
Milken Community
Miller, A.B.
Millikan
Mira Costa
Mission Viejo
Monrovia
Montclair
Montebello

Morningside
Mountain View
Muir
Murrieta Valley
Newport Harbor
Nogales
Norco
Nordhoff
North Torrance
North, J.W.
Northview
Norwalk
Notre Dame/Sherman Oaks
Nuvview Bridge
Oak Park
Ocean View
Orange
Pacifica/Garden Grove
Palm Springs
Paloma Valley
Paramount
Pioneer
Poly/Long Beach
Poly/Riverside
Portola
Providence/Burbank
Ramona
Rancho Cucamonga
Rancho Mirage
Redlands
Redlands East Valley
Redondo Union
Rialto
Rim of the World
Roosevelt, Eleanor
Rosary Academy
Rosemead

Saddleback
San Clemente
San Dimas
San Gabriel
San Geronio
San Jacinto
San Jacinto Leadership Academy
San Jacinto Valley Academy
San Juan Hills
Santa Ana
Santa Ana Valley
Santa Barbara
Santa Fe
Santa Margarita
Santiago/Corona
Saugus
Savanna
Schurr
Seegerstrom
Serra
Serrano
Shadow Hills
Sierra Canyon
Sierra Vista
Silverado
Simi Valley
Sonora
South El Monte
South Hills
South Torrance
Southlands Christian
St. Anthony
St. Jeanne de Lestonnac
St. Joseph/Lakewood
St. Monica Preparatory
St. Paul
Sultana

Summit
Sunny Hills
Tahquitz
Temecula Prep
Temescal Canyon
Tesoro
Torrance
Tustin
University
Upland
Valencia/Placentia
Valencia/Valencia
Valley Christian/Cerritos
Valley View
Vasquez
Ventura
Victor Valley
Villa Park
Village Christian
Vista Del Lago/Moreno Valley
Walnut
Warren
West Covina
West Ranch
West Torrance
West Valley
Western Christian
Westminster
Whittier
Whittier Christian
Wilson/Hacienda Heights
Wilson/Long Beach
Woodbridge
Workman
Yorba Linda
Yucaipa



2023 - 2024 CIF Southern Section Competition Divisions

DIVISIONS

Division 1A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 1AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 1 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>
Division 2A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 2AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 2 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>
Division 3A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 3AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 3 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>

NON-TUMBLING DIVISIONS

The Non-Tumbling division will prohibit all tumbling with feet over head rotation. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division.

Division 4A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 4AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 4 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>



CIF SOUTHERN SECTION

2023-2024 RULES & RESTRICTIONS



DIVISION 1 SKILLS RESTRICTIONS

Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.

DIVISION 2 SKILLS RESTRICTIONS

Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.

STANDING TUMBLING: standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. i.e., a standing back tuck or standing back handspring back tuck is not allowed.

RUNNING TUMBLING: limited in difficulty to tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. No twisting is allowed while airborne (exception: aerial cartwheels are allowed). The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skills.

STUNTS: extended single leg stunts are allowed. Only a $\frac{1}{2}$ twist is allowed to any extended single leg stunt. All other twisting transitions may not exceed 1 twisting transition. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the bases/bases' extended arm level.

PYRAMIDS: All pyramid twisting transitions must follow all dismount and stunt twisting transition rules. Pyramid inversions: A braced forward, or backward flip is allowed while adhering to the NFHS Spirit Rules Book rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position. Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS: Only straight pop downs, basic straight rides, and $\frac{1}{4}$ turns and transitions in and out of cradles are allowed from any single leg stunt. Up to $1\frac{1}{4}$ twists are allowed from any two-leg stunt.

TOSSES: Limited to one trick only during a toss (i.e., one toe touch). Examples of skills not allowed: A kick followed by a twist, or a ball to an X. Tosses may not exceed 1 twisting rotation.

DIVISION 3 SKILLS RESTRICTIONS

Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.

STANDING TUMBLING: Limited to a standing single back handspring. Jump/handspring combinations and standing handspring series are not allowed. Standing tucks and/or aerials are not allowed.

RUNNING TUMBLING: Limited in difficulty to front and/or back handspring series. Flips (tucks), aerials, and punch fronts are not allowed.

STUNTS: Extended stunts are limited to both feet in the base(s) hands at all times. Single leg stunts may not be held or pass through an extended position. Twisting stunt transitions are limited to a $\frac{1}{2}$ twist. Exception: A single full twisting log/barrel roll is allowed if it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person. All release moves must land in a cradle.

The only stunt inversions allowed are: *a.* Transitions from ground level inversions up to non-inverted positions. *Example:* Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. *b.* Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released. *c.* Dismounts to the performing surface from waist level stunts. *Example:* Waist level prone to forward roll dismount or cradle position to back walkover dismount.

PYRAMIDS: All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition. Twisting pyramid transitions are limited to a ½ twist. Pyramid inversions are not allowed.

DISMOUNTS: Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

TOSSES: The only body position allowed is a straight ride

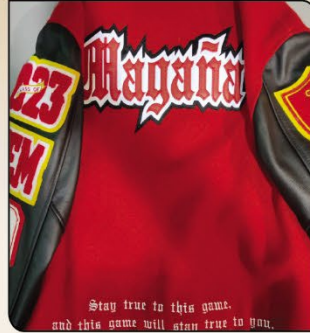
DIVISION 4 SKILLS RESTRICTIONS

Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.

Any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.

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MASCOT NAME AND 1 SPORT
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SPORTSMANSHIP

THE INFLUENCE OF THE COACH

The coach is in a better position to have a positive influence on the youth of a community than any other member of the faculty. He/She has an obligation to develop a personality and character which are above reproach. The example set by the coach is of extreme importance. The character-building potential of athletics is closely related to the character of the coach.

Athletics furnish a setting for the demonstration of attitudes of players which are a direct reflection of the coach. It takes self-discipline on the part of the coach to always let reason, rather than emotions, guide conduct. To build the correct pattern for your athletes, give the following points your attention:

1. Watch your language. Obscenity and profanity have no place on the bench, in the dressing room, or, in fact, in your vocabulary. Additionally, racial or ethnic comments will never be condoned.
2. You can explain defeat, but do not alibi for it.
3. Do not gloat in victory; this is even more offensive than the alibi.
4. Do not challenge the decision of officials.
5. Do not lose your temper, because with it will go your poise.
6. Organize your work well in advance, make a work schedule and carry it out effectively.
7. Do not try to take unfair advantage of the rules.
8. Give opportunities to your players for leadership.
9. The coach's job is to develop the individual players and the team into a unit which can give a performance approaching their maximum ability as individuals and as a team. This must be done within the best meaning of the word **SPORTSMANSHIP**.
10. **SPORTSMANSHIP - PRIORITY # 1**

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!

"YOU MAKE THE DIFFERENCE!!!"

Again this year, special emphasis is to be placed upon our Code of Ethics. It is requested that school administration, coaches and athletes make a special effort to review our Code this year in an effort to re-dedicate ourselves to our founding principles.

* * * * *

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

**GOOD SPORTSMANSHIP,
ETHICS, AND INTEGRITY!!!**

HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2023-2024 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the "Sports Medicine" tab on the white toolbar

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American orthopedic Sports Medicine and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

CONCUSSION PROTOCOL

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return to play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's

parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

Question: What is meant by "licensed health care provider?"

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

STERIOD PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

SUDDEN CARDIAC ARREST PROTOCOL

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition.

Question: What is meant by "licensed health care provider?"

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).