



**2019-2020**

**BOYS AND GIRLS  
LACROSSE  
PREVIEW**

**TO: CIF SOUTHERN SECTION BOYS' WATER POLO COACHES**

**FROM: THOM SIMMONS, ASSISTANT COMMISSIONER**

**DATE: FEBRUARY, 2020**

**RE: CIF-SOUTHERN SECTION 2019-20 LACROSSE SEASON**

The CIF Southern Section has put together this preview to assist schools with their water polo program. The purpose is to improve communications related to CIF Southern Section rules and regulations.

Be advised this is not a complete document; it does not discuss all rules and regulations. Coaches are reminded they need to refer to the Blue Book and to discuss issues with their athletic administration.

**Once again, welcome to the 2019-2020 lacrosse season!**

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**SPECIAL NOTE: The 2019-20 National Federation Lacrosse Rules Book was mailed to your school in November 2019.**

EXPLORER



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# **BOYS & GIRLS LACROSSE COACHES ADVISORY COMMITTEE**

The CIF Southern Section is continuing to utilize the concept of coaches' advisory committees for all sports. The role of the advisory committee may or may not include the following:

- Meetings
- Recommendations for playoffs sites
- Recommendations for procedural changes
- Recommendations for rule changes
- Evaluation of sport season
- Assistance to coaches and/or officials' organizations
- Communications between coaches and the CIF-SS office
- Management/Supervision at Championship Events

The Coaches Advisory Committee is made up of member coaches and an administrator from the CIFSS office staff. Coaches selected for the committee provide a cross-section of the organization and are selected based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding lacrosse competition, please make use of this excellent channel of communication; it is provided to serve your interests. The committee will meet on a regular basis during the season and your items will become part of our agenda.

## **TOP TEN INFORMATION** **WEEKLY POLL**

The Southern Section will publish weekly rankings for each of the four lacrosse divisions throughout the season. Rankings will be determined from input provided by member school coaches and distributed to over 200 media outlets. Determination of the weekly divisional polls shall be the responsibility of the Boys' & Girl's Lacrosse Coaches Advisory Committee members. The CIF-SS office will utilize the rankings as criteria for formulating playoff brackets.

Listed on the next page are the members of the CIF-SS Lacrosse Coaches Advisory Committee responsible for notifying the CIF-SS office of the weekly poll. It is important for coaches to report their information at [www.cifsshome.org](http://www.cifsshome.org) on a daily basis. Please note, this is a coaches' poll and no students or parents are involved. The CIF-SS office will send the coaches' poll as part of our media mailing.

It is important that coaches enter results in CIFSSHome following each game and email poll changing results to the committee members named on the dates (Sundays) listed below:

February 10 (**Preseason Watchlist**)

March 29

March 1

April 5

March 8

April 19

March 15

April 26

March 22

**Final Poll** – Completed: May 2: Released: May 3

The CIF-SS office will be doing nine polls during the season. Please start your emails on Sunday, March 1st, 2020. The

committee members listed on the following page will email the poll results to the CIF Southern Section office on Monday

following each of the above dates.

## **2019-20 BOYS & GIRLS LACROSSE** **ADVISORY COMMITTEE MEMBERS**

<b><u>DIV</u></b>	<b><u>CONTACT</u></b>	<b><u>SCHOOL</u></b>	<b><u>EMAIL</u></b>
Contact Representative for Polls:			
BOYS 1	Aaron Karsch	Mira Costa	<a href="mailto:coachkarsh@gmail.com">coachkarsh@gmail.com</a>
BOYS 2	Aaron Karsch	Mira Costa	<a href="mailto:coachkarsh@gmail.com">coachkarsh@gmail.com</a>
BOYS 3	Aaron Karsch	Mira Costa	<a href="mailto:coachkarsh@gmail.com">coachkarsh@gmail.com</a>

Contact Representative for Polls:			
GIRLS 1	Michael Welter	San Juan Hills	<a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>
GIRLS 2	Michael Welter	San Juan Hills	<a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>
GIRLS 3	Michael Welter	San Juan Hills	<a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>

## **ADVISORY COMMITTEE MEMBERS**

Aaron Karsch	Mira Costa	<a href="mailto:coachkarsh@gmail.com">coachkarsh@gmail.com</a>
Casey Chabola	Culver City	<a href="mailto:caseychabola@ccusd.org">caseychabola@ccusd.org</a>
Chloe Silance	Mater Dei	<a href="mailto:csilance@materdei.org">csilance@materdei.org</a>
Chris Jewett	St. John Bosco	<a href="mailto:coach@leveragelacrosse.com">coach@leveragelacrosse.com</a>
Courtney Novak	Los Alamitos	<a href="mailto:courtney.novak495@gmail.com">courtney.novak495@gmail.com</a>
Daniel Radford		<a href="mailto:drad1986@gmail.com">drad1986@gmail.com</a>
Dave Elkins	Aliso Niguel	<a href="mailto:menacheland@hotmail.com">menacheland@hotmail.com</a>
Eric Bassett	Trabuco Hills	<a href="mailto:ericb@industrialent.com">ericb@industrialent.com</a>
G.W. Mix	Corona del Mar	<a href="mailto:gwmix@me.com">gwmix@me.com</a>
Joe Campbell	Glendale	<a href="mailto:Jcampbell@gusd.net">Jcampbell@gusd.net</a>
Joe Lloyd	GLALOA Pres.	<a href="mailto:Jlloyd1@socal.rr.com">Jlloyd1@socal.rr.com</a>
Jon Fox	Foothill	<a href="mailto:coachfox@foothilllacrosse.org">coachfox@foothilllacrosse.org</a>
Lawrence Palochik	Santiago/Corona	<a href="mailto:palochik@cnusd.k12.ca.us">palochik@cnusd.k12.ca.us</a>
Leesa Chelminiak	West Ranch	<a href="mailto:leesa.amt@hotmail.com">leesa.amt@hotmail.com</a>
Mario Waibel	Sierra Canyon	<a href="mailto:mwaibel@sierracanyonschool.org">mwaibel@sierracanyonschool.org</a>
Marvin Mires	Downey	<a href="mailto:mmires@dusd.net">mmires@dusd.net</a>
Michael Welter	San Juan Hills	<a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>
Michelle Yarger	Newbury Park	<a href="mailto:MEY04@aol.com">MEY04@aol.com</a>
Mike Boros	West Ranch	<a href="mailto:coachmikewrhslax@gmail.com">coachmikewrhslax@gmail.com</a>
Sean Lindsay	Agoura	<a href="mailto:seanlindsay21@gmail.com">seanlindsay21@gmail.com</a>
Steve Perry	LAX Board Chair	<a href="mailto:sp5903@aol.com">sp5903@aol.com</a>
Tarek Ergin	Oak Park	<a href="mailto:tarik1322@me.com">tarik1322@me.com</a>
Tom Borgia	Redondo Union	<a href="mailto:borgia.tom@gmail.com">borgia.tom@gmail.com</a>
Wade Ransom	Cate	<a href="mailto:wade_ransom@cate.org">wade_ransom@cate.org</a>

## **CALENDAR PLAYOFF DATES**

Following is a capsule of the CIF Southern Section calendar for the 2019-2020 Boys & Girls Lacrosse Season.

### **DATE OF FIRST CONTEST**

No interscholastic matches (practice, tournament or league) may be scheduled prior to **FEBRUARY 15, 2020**.

### **SIT OUT PERIOD DATE**

**MONDAY, MARCH 23, 2020**

### **DATE OF LAST CONTEST**

The last allowable date for competition (LEAGUE) is **FRIDAY, MAY 1, 2020**.

**NUMBER OF SCRIMMAGES** – 1 (May not occur prior to Feb. 1 and must occur prior to teams first interscholastic contest).

### **PLAYOFF DATES**

Pairings Day **SUNDAY, MAY 3, 2020**

Playoff Brackets can be found @ [www.cifss.org](http://www.cifss.org)

### **BOYS**

Wildcard Games (if necessary) **MONDAY, MAY 4, 2020**.

First Round **WEDNESDAY, MAY 6, 2020**

Quarterfinal Round **FRIDAY, MAY 8, 2020**

Semifinal Round **TUESDAY, MAY 12, 2020**

### **GIRLS**

Wildcard Games (if necessary) **TUESDAY, MAY 5, 2020**.

First Round **THURSDAY, MAY 7, 2020**

Quarterfinal Round **SATURDAY, MAY 9, 2020**

Semifinal Round **TUESDAY, MAY 13, 2020**

### **PLAYOFF FINALS (Boys & Girls)**

Finals **SATURDAY, MAY 16, 2020**



## **CIFSS HOME REQUIREMENTS**

### **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](http://www.cifsshome.org)) as well as update the scores immediately following your contests.

Log in @ [www.cifsshome.org](http://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 "Lacrosse, Boys" or "Lacrosse, 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 "Lacrosse, Boys" or "Lacrosse, 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, APRIL 29, 2020**

**Attention Athletic Directors/Coaches:** It is very important that you enter your entire Boys' and/or Girl's Lacrosse Varsity roster into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **WEDNESDAY, APRIL 29, 2020**.

Log in @ [www.cifsshome.org](http://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 "Lacrosse, Boys" or "Lacrosse, 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 Boys Lacrosse or Girls Lacrosse are:**

**First Name, Last Name, Birth date, Year, Number, Position, Height & Eligibility.**

- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

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

### **VARSITY COACHES**

**Attention Athletic Directors/Coaches:** It is very important that you enter your Boys Lacrosse or Girls Lacrosse coaches (Head & Assistants)

into CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **WEDNESDAY, APRIL 29, 2020**.

Log in @ [www.cifsshome.org](http://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 ("Lacrosse, Boys" or "Lacrosse, 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!"**

### **VARSITY TEAM PHOTO DUE no later than FRIDAY, MAY 8, 2020.**

**Attention Athletic Directors/Coaches:** It is very important that your Boys' and/or Girls' Varsity Team Photo is uploaded to CIFSSHome ([www.cifsshome.org](http://www.cifsshome.org)) no later than **FRIDAY, MAY 8, 2020**.

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

on Home Campus

-On the left panel, click **Teams** tab on the left navigation bar. Click on the corresponding varsity team ("Lacrosse, Boys" or "Lacrosse, Girls").

- Under Team Picture, click Add/Edit picture, click Browse, find your file and click "Upload Picture" – Team Photo can be no larger than 672 pixels x 480 pixels (7"x5")

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

### **AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER**

**Attention Athletic Directors/ Coaches:** Please follow the instructions below to enter your school as an At Large Entry for Boys/Girls Lacrosse. The At Large Application is to be submitted by your school no later than **FRIDAY, MAY 1, 2020 @ 11:00 p.m.**

Log in @ [www.cifsshome.org](http://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 "Lacrosse, Boys" or "Lacrosse, Girls" then click "Add"

Please be sure that your Schedule is updated in CIFSSHome 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!"***

## **APPROVED SANCTIONED EVENTS**

Please refer to the CIF Southern Section website ([www.cifss.org](http://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 **LACROSSE**,  
click Search

**This page will display the most up to date information on  
Lacrosse Approved  
Sanctioned Events**





## OFFICIAL BALL PROGRAM – **MANDATORY USE IN PLAYOFFS 2019-2020**

### Official Ball per sport:

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

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

### Mandatory Playoff Use Requirement:

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

### Playoff Ball Use Rule Enforcement:

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

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

## **2019-2020 NFHS BOYS Lacrosse Rule Changes**

4-22-1 – For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All offensive players shall be 5 yards or more away from the player in possession of the ball. On the official's whistle, play restarts.

Comment: As an editorial clarification the word offensive has been added.

5-10-1e – Throwing a crosse at the ball, at a player or other game personnel.

PENALTY: One-to three-minute, non-releasable

Comment: Throwing the crosse, as a personal foul, is a non-releasable penalty, under any circumstance.

5.11 SITUATION – The situation should read:

A1 receives a two-minute illegal crosse penalty and a one-minute non-releasable penalty for wearing football shoulder pads during the first quarter. In the second half, A1 receives a two-minute, non-releasable penalty. RULING: A1 has fouled out of the game but has not been ejected.

Comment: With the updated rule allowing for corrections to a crosse with a two-minute non-releasable penalty, this situation would no longer be accurate.

## 2019-2020 NFHS GIRLS Lacrosse Rule Changes

Allowing players to freely move around the playing field after a whistle is one of 12 changes to high school girls lacrosse rules approved for the 2020 season.

All rules changes recommended by the joint National Federation of State High School Associations (NFHS) and US Lacrosse (USL) Girls Lacrosse Rules Committee at its June 17-19 meeting in Indianapolis were subsequently approved by the NFHS and USL Boards of Directors.

“The committee addressed topics ranging from equipment requirements to the philosophical change to free movement with intention and extraordinary attention to detail,” said Lindsey Atkinson, NFHS director of sports/communications associate and liaison to the Girls Lacrosse Rules Committee. “The commitment of the joint NFHS/USL committee to do what is best for high school girls lacrosse was evident in both the content of their discussion and the outcomes of their hard work.”

The change to free movement impacts several areas of the NFHS/USL Rules Book. Rules 5-1-2 and 5-1-3 have been adjusted to eliminate the requirement for players to stand in place after an official’s whistle.

Free movement allows players to freely move around the playing field, instead of being required to hold their positions on stoppages including possession time-outs (Rule 4-3-3), injury time-outs (Rule 4-2-3), major and minor fouls (Rule 5-3-1), when the ball goes out of bounds (Rule 6-3-1) and free position or alternating-possession restarts (Rule 10-1).

“This will be an exciting rule change for the high school game, one which we believe will enhance the athlete experience on the field and ease the workload on officials to monitor players off the ball,” said Caitlin Kelley, US Lacrosse women’s lacrosse director and the USL liaison to the Girls Lacrosse Rules Committee. “The rules committee prioritizes safety, integrity of the game, pace of play and growth. We want our student-athletes to love the game and attract new players to the sport too.”

Additionally, in Rule 4-3-3, players may now be substituted for during a possession time-out, except for the player being awarded the ball and the offender.

Rule 5-4-4 has been amended to allow self-starts on boundary restarts. On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement (Rule 6-3-1b).

When a stoppage in play causes the ball to become dead that was in the critical scoring area, Rules 4-3-3, 5-1-3, 5-3-1 and 7-3 PENALTY now indicate play will resume on the closest dot.

“The impact of free movement on the rules is complex,” Atkinson said. “The committee was diligent in addressing each impacted rule to ensure a comprehensive implementation of the concept into the high school game.”

Self-starting when self-start is not an option is now considered a major foul in Rule 10-1 under false starts. Additionally, under major fouls, a check to the neck is now included under check to the head with a mandatory card assessed.

Rule 5-2-2 was amended to allow any number, up to 12 players from each team, on the field prior to the start of each draw. Prior to the change, each team was required to have 12 players on the field unless a team could not do so legally.

Changes to Rules 2-2-5 and 2-4-3 amend crosse and stick requirements. A crosse now meets specifications if the ball moves freely in the front of the pocket, removing the requirement for the back of the pocket. Additionally, during stick checks, game officials will ensure that the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point and the stick and head are tilted 90 degrees.

“The committee felt that it was important to separate the performance requirements of the front and back face of the head during stick checks,” Atkinson said. “This change simply distinguishes the differences in performance and clarifies the stick check process.”

In a change to Rule 2-7-4, equipment cannot be modified from its original manufactured state and it must be worn in the manner the manufacturer intended.

Rule 2-7-2 now requires that all eyewear worn on the playing field bear the SEI (Safety Equipment Institute) mark for certification by January 1, 2025. Eyewear must still be SEI certified for the 2020 season; the requirement for a physical mark on the eyewear does not take effect until 2025. All approved eyewear is listed on the SEI website at [www.seinet.org](http://www.seinet.org).

“SEI certification and the ASTM standard remain the same and an important part of maintaining safety for our student-athletes,” Kelley said. “The rules committee extended the requirement of the physical markings on the eyewear in order to minimize unnecessary cost to the consumers.”

A change to Rule 6-3-2 clarifies that a player’s body or crosse that is inbounds and nearest to the ball determines possession of the ball when play resumes.

In a tweak to Rule 9-1, the description of the minor foul, covering, is now described as covering a ground ball, instead of guarding. Additionally, preventing an opponent from playing the ball by covering the

ball with the body now constitutes a minor foul. Previously, using a foot or crosse to guard a ground ball was a minor field foul.

Rule 2-8-4 now prohibits the use of video replay to review an official's decision, consistent with other NFHS rules.

The final rules change adjusts Rule 10-1 regarding the free position after a major foul. The free position will now be taken on the 12-meter fan closest to the spot of the foul.

A complete listing of the girls lacrosse rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on "Activities & Sports" at the top of the home page and select "Lacrosse-Girls."

## **BLUE BOOK RULES 2019-2020 – GENERAL**

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

### **201. STANDARDS OF ELIGIBILITY**

<https://cifss.org/resources/blue-book/60/>

### **210. PHYSICAL ASSAULT**

<https://cifss.org/resources/blue-book/89/>

### **212. AMATEUR STATUS**

<https://cifss.org/resources/blue-book/90/>

### **220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION**

<https://cifss.org/resources/blue-book/93/>

### **500. AUTHORIZED PARTICIPATION**

<https://cifss.org/resources/blue-book/98/>

### **503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION**

<https://cifss.org/resources/blue-book/103/>

### **503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL**

<https://cifss.org/resources/blue-book/104/>

### **506. PRACTICE ALLOWANCE**

<https://cifss.org/resources/blue-book/107/>

### **600. COMPETITION ON AN OUTSIDE TEAM**

<https://cifss.org/resources/blue-book/115/>

### **3300. PLAYOFFS**

<https://cifss.org/resources/blue-book/249/>

Additional playoff information will be available in late January / early February in the Lacrosse Playoff Bulletin. This bulletin will contain details on when the draws will be available, financial regulations, reporting of match results, game time and date change protocol, etc.

### **3315. NOISEMAKERS PROHIBITED**

<https://cifss.org/resources/blue-book/252/>

# **BLUE BOOK RULES 2019-2020 – LACROSSE**

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

**2301. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK**

<https://cifss.org/resources/blue-book/193/>

**2303. SCRIMMAGES**

<https://cifss.org/resources/blue-book/193/>

**2304. TOURNAMENTS**

<https://cifss.org/resources/blue-book/193/>

**2305. STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

<https://cifss.org/resources/blue-book/193/>

**2307. END OF COMPETITION**

<https://cifss.org/resources/blue-book/194/>

**2309. OUTSIDE COMPETITION BY AN INDIVIDUAL**

<https://cifss.org/resources/blue-book/194/>

**2314. SUNDAY RESTRICTION**

<https://cifss.org/resources/blue-book/195/>

**2315. PLAYER CONDUCT**

<https://cifss.org/resources/blue-book/195/>

**2316. COACH EJECTION**

<https://cifss.org/resources/blue-book/196/>

**2319. PLAYOFFS**

<https://cifss.org/resources/blue-book/197/>



## **2020 BOYS LACROSSE PARTICIPATING SCHOOLS - ALPHABETICAL**

Agoura	Hemet	Sage Hill
Aliso Niguel	Huntington Beach	San Clemente
Beckman, Arnold	Irvine	San Juan Hills
Beverly Hills	JSerra Catholic	San Marcos
Brentwood	King, Martin Luther	Santa Barbara
Cabrillo/Long Beach	Laguna Beach	Santa Margarita
Calabasas	Laguna Hills	Santa Monica
Canyon/Anaheim	Linfield Christian	Santiago/Corona
Capistrano Valley	Los Alamitos	Saugus
Cate	Loyola	Seegerstrom
Centennial/Corona	Lutheran/Orange	Servite
Chaminade	Marina	Sierra Canyon
Chaparral	Mater Dei	Simi Valley
Corona	Millikan	St. Francis
Corona del Mar	Mira Costa	St. John Bosco
Crean Lutheran	Mission Viejo	St. Margarets Episcopal
Crescenta Valley	Murrieta Mesa	Temecula Valley
Crespi	Murrieta Valley	Tesoro
Culver City	Newbury Park	Thacher
Damien	Newport Harbor	Thousand Oaks
Dana Hills	Norco	Trabuco Hills
de Toledo	Northwood	Tustin
Dos Pueblos	Notre Dame/Sherman	University
Downey	Oaks	Valencia/Placentia
Edison	Oak Park	Valencia/Valencia
El Dorado	Oaks Christian	Viewpoint
El Modena	Ochoa Prep Academy	Village Christian
El Segundo	Paloma Valley	Vista Murrieta
El Toro	Palos Verdes	West Ranch
Esperanza	Peninsula	Westlake
Foothill/Santa Ana	Poly/Long Beach	Wilson/Long Beach
Glendale	Poly/Riverside	Woodbridge
Grace Brethren	Portola	Yorba Linda
Great Oak	Redondo Union	
Hart	Roosevelt, Eleanor	
Harvard-Westlake	Royal	

## **2020 CIFSS BOYS LACROSSE PLAYOFF DIVISIONS**

### **DIVISION 1 (31 Schools)**

Agoura  
 Beckman  
 Chaminade  
 Corona del Mar  
 Crespi  
 Foothill/Santa Ana  
 Great Oak  
 Harvard-Westlake  
 JSerra Catholic  
 Los Alamitos  
 Loyola  
 Mater Dei  
 Mira Costa  
 Newbury Park  
 Newport Harbor  
 Oak Park  
 Oaks Christian  
 Palos Verdes  
 San Clemente  
 Santa Margarita  
 Santiago/Corona  
 Servite  
 Sierra Canyon  
 St. John Bosco  
 St. Margaret's  
 Tesoro  
 Thousand Oaks  
 Trabuco Hills  
 West Ranch  
 Westlake  
 Yorba Linda

### **DIVISION 2 (38 Schools)**

Edison  
 Aliso Niguel  
 Brentwood  
 Cate  
 Crean Lutheran  
 Culver City  
 Dana Hills  
 El Dorado  
 El Segundo  
 El Toro  
 Esperanza  
 Glendale  
 Huntington Beach  
 Irvine  
 Laguna Beach  
 Laguna Hills  
 Lutheran/Orange  
 Marina  
 Mission Viejo  
 Murrieta Mesa  
 Murrieta Valley  
 Northwood  
 Notre Dame/Sherman Oaks  
 Peninsula  
 Redondo Union  
 Royal  
 San Juan Hills  
 San Marcos  
 Santa Barbara  
 Santa Monica  
 Saugus  
 Segerstrom  
 Simi Valley  
 St. Francis  
 Valencia/Valencia  
 Viewpoint  
 Village Christian  
 Woodbridge

### **DIVISION 3 (35 Schools)**

Beverly Hills  
 Cabrillo/Long Beach  
 Calabasas  
 Canyon/Anaheim  
 Capistrano Valley  
 Centennial/Corona  
 Chaparral  
 Corona  
 Crescenta Valley  
 Damien  
 de Toledo  
 Dos Pueblos  
 Downey  
 El Modena  
 Grace Brethren  
 Hart  
 Hemet  
 King, Martin Luther  
 Linfield Christian  
 Millikan  
 Norco  
 Ochoa Prep Academy  
 Paloma Valley  
 Poly/Long Beach  
 Poly/Riverside  
 Portola  
 Roosevelt, Eleanor  
 Sage Hill  
 Temecula Valley  
 Thacher  
 Tustin  
 University  
 Valencia/Placentia  
 Vista Murrieta  
 Wilson/Long Beach

## **2020 GIRLS LACROSSE PARTICIPATING SCHOOLS – ALPHABETICAL**

Agoura	King, Martin Luther	Rosary Academy
Aliso Niguel	La Canada	Royal
Beckman, Arnold	La Reina	Sage Hill
Beverly Hills	Laguna Beach	San Clemente
Cabrillo/Long Beach	Laguna Hills	San Juan Hills
Calabasas	Los Alamitos	San Marcos
California	Louisville	Santa Barbara
Canyon/Anaheim	Lutheran/Orange	Santa Margarita
Capistrano Valley	Marlborough	Santa Monica
Cate	Mater Dei	Santiago/Corona
Centennial/Corona	Millikan	Saugus
Chadwick	Mira Costa	Seegerstrom
Chaminade	Mission Viejo	Sierra Vista
Chaparral	Murrieta Mesa	Simi Valley
Corona	Murrieta Valley	St. Francis
Corona del Mar	Newbury Park	St. Margarets
Crescenta Valley	Newport Harbor	Episcopal St. Monica
Culver City	Norco	Academy Temecula
Dana Hills	Nordhoff	Valley Tesoro
Dos Pueblos	Northwood	Thacher
Downey	Notre Dame/Sherman	Thousand Oaks
Edison	Oaks	Trabuco Hills
El Dorado	Oak Park	Tustin
El Modena	Oaks Christian	University
El Segundo	Ochoa Prep Academy	Valencia/Placentia
El Toro	Paloma Valley	Valencia/Valencia
Esperanza	Palos Verdes	Village Christian Vista
Foothill/Santa Ana	Peninsula	Murrieta
Glendale	Poly/Long Beach	West Ranch Westlake
Great Oak	Poly/Riverside	Westridge
Hart	Portola	Wilson/Long Beach
Hemet	Redondo Union	Woodbridge
Irvine	Roosevelt, Eleanor	Yorba Linda
JSerra Catholic		

## **2020 GIRLS LACROSSE PARTICIPATING SCHOOLS – BY DIVISION**

### **DIVISION 1 (26 schools)**

Agoura  
Aliso Niguel  
Beckman  
Chaminade  
Crescenta Valley  
Edison  
El Dorado  
Foothill/Santa Ana  
Glendale  
JSerra  
Los Alamitos  
Mater Dei  
Newbury Park  
Newport Harbor  
Oak Park  
Oaks Christian  
Palo Verdes  
Redondo Union  
San Clemente  
San Juan Hills  
Santa Margarita  
St. Margaret's Episcopal  
Trabuco Hills  
University  
West Ranch  
Westlake

### **DIVISION 2 (34 schools)**

Canyon/Anaheim  
Cate  
Chadwick  
Chaparral  
Corona Del Mar  
Culver City  
Dos Pueblos  
Downey  
El Segundo  
El Toro  
Esperanza  
Great Oak  
La Canada  
Laguna Hills  
Marlborough  
Mira Costa  
Murrieta Mesa  
Murrieta Valley  
Northwood  
Notre Dame/Sherman  
Oaks Peninsula  
Rosary Academy  
Royal  
San Marcos  
Santiago/Corona  
Simi Valley  
Temecula Valley  
Tesoro  
Thacher  
Thousand Oaks  
Valencia/Placentia  
Valencia/Valencia Wilson/  
Long Beach Woodbridge  
Yorba Linda

### **DIVISION 3 (37 schools)**

Beverly Hills  
Cabrillo/Long Beach  
Calabasas  
California  
Capistrano Valley  
Centennial/Corona  
Corona  
Dana Hills  
El Modena  
Eleanor Roosevelt  
Hart  
Hemet  
Irvine  
La Reina  
Laguna Beach Louisville  
Martin Luther King  
Millikan  
Mission Viejo  
Norco  
Nordhoff  
Ochoa Prep Academy  
Orange Lutheran  
Paloma Valley  
Poly/Long Beach  
Poly/Riverside  
Portola  
Sage Hill  
Santa Barbara  
Santa Monica  
Saugus  
Segerstrom  
Sierra Vista  
St. Francis  
St. Monica Academy  
Tustin  
Village Christian  
Vista Murrieta  
Westridge

# @Preparing My First Aid Kit for Practice & for the Game@

By Jim Clover, A.T.,C.

First and foremost, when putting an athletic training kit together for the field, practice, or competition, here are some examples of checklists for supplies and equipment for your kits. These check lists should be easily accessible and easy to understand. (It should be USED not stored in a file.) This list is your only way of knowing if your kit is stocked and ready to go EVERYTIME.

Other paperwork you will need in your kit and in your first aid or training room are:

- a way to report the injuries
- Coach's Student Injury Report
- the Physician's Report
- Instructions to Patients with a Head Injury Form

In addition to your paperwork, your kits should also include:

9. Adhesive tape 1½" (five or more rolls)
10. Pre-wrap (one or more rolls)
11. Ace wraps (one 3", 4" and 6")
12. Band-aids (various sizes, preferably in a metal container)
13. Tape adherent (Pre-tape)
14. Butterfly band-aids or sterile strips
15. Q-tips
16. Tongue Depressors
17. First-aid cream
18. Skin lube
19. Peroxide (surgical scrub or something to irrigate the wound)
20. Sterile gauze pads (six 4" and other sizes if you have room)
21. Toppers 4x4 (three each, used for soaking up blood)
22. Sterile Telfa Pad (4 each) Pen/chalk
23. Tape scissors Paper bag
- Triangular bandage Pocket knife (common, phillip
- Some kind of heat balm head screw driver, blade, drill)
24. Mirror change for a phone call
25. Air way Training bag check list
26. Powder Injury log
27. Pen light Insurance information
28. Tweezers Emergency phone numbers
29. Eye cup or eye wash Head injury information sheet
30. Nail clippers Pocket emergency book
31. Ammonia capsules Tuff Skin
- 32.

This is your basic kit. Now the extras you will need to upgrade your basic kit:

10. Sewing kit with a good supply of safety pins
11. Glasses repair kit
12. Bar soap
13. Phisodex
14. Cold spray (ethyl chloride metal tube)
15. Contact lens case
16. Shoe strings (assorted sizes)
17. Felt or foam horse shoe (for sprained ankles)
18. Razor blades
19. Glasses anti-fog and cleaner
20. Goggles (eye protectors)
21. Heal and Lace pads (foam pads to protect a sensitive area when taping)
22. Derma clear tape ½"

23. Tape 2" 1" and 2"Elasticon 1" 2" and 3"
25. Conform or J-Flex 12" and 2"
26. Ace wraps more 2", 3" and 6"  
Extra long 6" ace wraps for groins, hamstrings, and quadriceps
27. Magnify glass with light Cepastat (sore throat
28. Extra large band aids medicine)
29. Water key Chap stick
30. Light key. Water bottles
31. Tape measure Cups
32. Extra batteries Thermometer
33. Contact lens remover Aspirin (ascription)
34. Septic pencil Gum
35. Tooth ache jell Ammonia capsules
36. Air way Antacid
37. Mole skin Tweezers
38. Finger tip band aids Foot anti fungus spray

Here are some specific basic kits, broken down for you by sport:

**Baseball, Softball:** Magic Nails, Stockinnette, Sun Lotion, Zinc Oxide, Burn Cork or Anti-Eye Glare, Sun Glasses Flip Ups, Extra Large Telfa Pads (for siding aberrations), Elbow, Shoulder, and Elbow Shoulder Thermal Sleeves (these carry ice and are easy for the player to use), and possibly a Nose Guard, Elbow Pads, Knee Pads.

**Basketball, Tennis, Volleyball:** Heal & Toe Glides (the best thing ever to come out on the market for blisters), Felt or Foam horse Shoes for ankle swelling, Glass Cleaner & Anti-Fog, Glasses Strap, Mole Skin (for blisters), Second Skin (for blisters), Air Cast (left & right for ankles), Swede-O Ankle Brace (for ankles), Elbow, Shoulder, Ankle, Thermal Sleeve, Cotton Roll (for making a soft cast), Finger Splints, Callous Remover, Elbow Pads, Knee Pads.

**Football, Soccer, Lacrosse, Ice Hockey, Rugby:** Foam Padding, Packing foam, Neck Collar, Should Harness, Orthoplast, Mouth Piece, Felt, Cervical Collar, Bolt Cutters, Rib Pads, shin guard, Knee Brace (single and bilateral hinge), Protective Cup, wire Bundle Tie (Ned Berger, California Angel thought this up to use as a quick fix instead of shoe strings), Nose Guard, Eye Goggles, Full Mask, Padded Chin Strap, Flexible Collodion (new skin), Callous Remover.

**Swimming, Diving, Water Polo:** Swim Ear (for ear infections), Water Proof Tape (various sizes), Sun Lotion, Zinc Oxide, Goggles, Razors, Clippers, Vaseline.

**Gymnastics:** Powder, Grips (various types), Wrist Supports.

**Wrestling:** Flexible Collodion, Tampons (nose bleeds), Razors, Finger Nail Clippers, Cervical Collar.

**Playground Kit:** Basic Kit with Snoopy Band-aids.



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