

CIF SOUTHERN SECTION



SPRING 2024

Beach Volleyball



SEASON
PREVIEW



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GIRLS BEACH VOLLEYBALL SEASON PREVIEW

DATE: JANUARY 2024
TO: CIF SOUTHERN SECTION GIRLS BEACH VOLLEYBALL COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
RE: **2023-2024 GIRLS BEACH VOLLEYBALL SEASON!**

WELCOME TO THE 2023-2024 GIRLS BEACH VOLLEYBALL SEASON!

The Girls Beach Volleyball Packet has been prepared to assist you in the organization of your school Girls Beach Volleyball program. The enclosed is important information for preparation of the upcoming season. Please share this information with your assistant coaches.

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2023-2024 ADVISORY COMMITTEE MEMBERS

Mike Wadley	Lakewood High School	MWadley@lbschools.net
Liane Sato	Santa Monica High School	Lsato@smmusd.org
Dillan Bennett	Bishop Diego High School	dbennett@bishopdiego.org
Casey Swenson	San Clemente High School	cswenson@capousd.org
Randy Totorp	Long Beach City College	rtotorp@lbcc.edu
Ed Ratledge	Volley OC	ratledge@gmail.com
Megan Hall	Notre Dame Academy	mhall@ndala.com
Tony Giarla	Officials Rep.	tgiarla@yahoo.com

TOP TEN POLLS

Although every effort is made to be as accurate as possible the weekly Top Ten Poll selections are published to create interest in the sport and is dependent upon coaches' input. It is understood that this is a coaches' poll and that no students or parents are involved with the poll.

It is ***IMPERATIVE*** that COACHES contact the Girls Beach Volleyball Advisory Committee member in your division on a weekly basis regarding Top Ten Poll rankings if your team or a team in your league should be considered.

Weekly polls will be published every Monday following the First Poll on cifss.org:

Watch List: Monday, February 5, 2024

First Poll: Monday, March 4, 2024

Final Poll: Saturday, April 13, 2024

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 **VOLLEYBALL, GIRLS BEACH**
click on **SEARCH**

This page will display the most up to date information on:

Girls Beach Volleyball Approved Sanctioned Events

CALENDAR DATES

FIRST CONTEST: SATURDAY, FEBRUARY 10, 2024

The initial date on which a school may schedule and conduct an interscholastic contest.

SCRIMMAGES:

Maximum 1 scrimmage allowed.

Schools are permitted one (1) interscholastic scrimmage which may not be held prior to February 11 and must be held prior to team's first interscholastic contest (non-league, tournament or league).

*An interscholastic scrimmage is a training session between a minimum of two and maximum of three schools where no score is kept, free substitution and time – outs permitted, and spectators are urged not to attend.

SIT OUT PERIOD (SOP) DATE: WEDNESDAY, MARCH 13, 2024

*Note this date could be adjusted or different for each individual due to the date of enrollment a student transferred to your school. Check the "transfer decision" date for accurate information at www.cifss.org

LAST TEAM CONTEST: FRIDAY, APRIL 12, 2024

All non-league and league competition must end on or before **SATURDAY, APRIL 13, 2024**. See Bylaw 3008 for end of competition guidelines.

LEAGUE FINALS / INDIVIDUAL TOURNAMENT: Must be complete by April 16 with entries submitted to the CIF Southern Section office by Wednesday, April 17th.

Each established league will be responsible for identifying two (2) pairs and one (1) alternate pair based on the results of the league's qualifying tournament.

MAXIMUM CONTACTS:

The allowable number of contests is:	24
The allowable number of tournaments is:	3
1 Day Tournament counts as:	(2) contacts
2 Day Tournament counts as:	(3) contacts
3 Day Tournaments count as:	(4) contacts
4 Day Tournament counts as:	(5) contacts

CIF-SS FORD GIRLS' BEACH VOLLEYBALL CHAMPIONSHIP DATES:

PLAYOFF DATES: April 16 (Wildcard), 18, 20, 24, 27

*Dates subject to change due to bracket size

CIF-SS FINALS: April 27

INDIVIDUAL (PAIRS) FINALS: April 30, May 1 (+ May 2nd If Necessary)

CIFSSHOME 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) 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 "**Girls' Beach Volleyball**"

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 "**Girls' Beach Volleyball**" 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 "**Girls' Beach Volleyball**" 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 **GIRLS' BEACH VOLLEYBALL** coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **MONDAY, APRIL 15**.

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)

Attention Athletic Directors/Coaches: It is very important that you enter your entire **GIRLS' BEACH VOLLEYBALL** Varsity roster into CIFSSHome (www.cifsshome.org) no later than **MONDAY, APRIL 15**.


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 "**Girls' Beach Volleyball**", 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 **GIRLS' BEACH VOLLEYBALL** Varsity roster into CIFSSHome (www.cifsshome.org) no later than **MONDAY, APRIL 15**


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 "**Girls' Beach Volleyball**", 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 Girls' Beach Volleyball is:

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

(1) To ADD roster players one by one:

- Click on  and complete fields required for **Girls' Beach Volleyball**.

(2) To Import a Roster using an Excel sample file:

- Download the [sample file](#) and delete the "contents only".

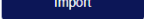

- Copy and paste or type your roster information into the file as the contents and save the file to your computer.

- 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 GIRLS' BEACH VOLLEYBALL are:

First Name, Last Name, Birth date, Year, Number, Position & 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 to the player's name to view each player's information.

SCHOOL LOGO

Log in @ www.cifsshhome.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.cifsshhome.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



OFFICIAL BALL PROGRAM 2023-2024

Official Ball per sport:

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

Mandatory Playoff Use Requirement:

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

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

Playoff Ball Use Rule Enforcement:

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

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



TO: CIF SOUTHERN SECTION PRINCIPALS
CIF SOUTHERN SECTION ATHLETIC DIRECTORS

FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER

SUBJECT: **CIF SOUTHERN SECTION BEACH VOLLEYBALL**

DATE: December 15, 2022

Below are several of the frequently questions I have received, along with my responses, which I hope will be useful to you as you make your decisions on forming a program. If you have additional questions, please feel free to contact me and I am happy to assist you.

1. What will constitute a beach volleyball team?
A minimum of 1 pairs team. That will indicate to our office that your school has registered for Beach Volleyball this school year.
2. What format of competition will be used for league and/or CIF postseason?
League competition will be up to individual leagues. The CIF Southern Section Beach Volleyball Team Championship Tournament will be conducted like other bracketed sports. The format will be played best 3 out of 5 matches wins the head-to-head competition. A school will need to field 5 pairs at the varsity level to participate in the team playoff competition.
3. Will there be a CIF Southern Section playoff this year?
Yes. We plan to offer a team championship in two divisions and an individual pairs championship in one division possibly two.
4. Does playing CIF beach volleyball take away the ability to play club beach volleyball?
No. Like Cross Country and Track & Field student-athletes, Beach Volleyball players will be allowed to compete for their high school and club at the same time following CIF Bylaw 600.G (unattached competition). During the designated high school Beach Volleyball season, a student or pair who wish to participate in a non-CIF Beach Volleyball event would need to do so as an unattached participant, meaning they could not represent their high school, club or any other organization. For example, they would need to enter as “Sally Smith” and “Jenny Jones”.

5. How many players can a school have on its beach volleyball team?

That is up to each individual school. More established schools may have several pairs of players and could have more than one level (Frosh, JV, Varsity), while some schools may only have one or two pairs and one level.

6. What uniform will be required for beach volleyball?

Please refer to the CIF-Southern Section Beach Volleyball Rules document on our web site at:

<https://cifss.org/sports/girls-beach-volleyball/>

7. Is there an official beach volleyball that must be used for high school competition at this time?

Yes. The CIF-Southern Section has partnered with Wilson and we have adopted the NCAA OPTX for use in all playoffs (team and individual).

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BLUE BOOK RULES 2023-2024 – 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 2023-2024 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/?gotopage=55>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/?gotopage=86>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/?gotopage=88>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=92>

500. AUTHORIZED PARTICIPATION

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

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

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

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

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

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/?gotopage=110>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/?gotopage=120>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/?gotopage=148>

1228. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/?gotopage=148>

3500. PLAYOFFS

<https://cifss.org/resources/blue-book/?gotopage=215>

Additional playoff information will be available in March in the Girls' Beach Volleyball 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.

BLUE BOOK RULES 2023-2024 – BEACH VOLLEYBALL

See 2023-2024 CIF Southern Section Blue Book Bylaws 1700 – 1712 (pg.159-161).

Current playing rules have been adopted and posted to the team sport page on the web site at:

<https://cifss.org/sports/girls-beach-volleyball/>

SCHOOLS BY LEAGUE AFFILIATION & PLAYOFF DIVISION

Will be posted via the link below by February 17, 2024.

<https://cifss.org/sports/girls-beach-volleyball/>

CIF SOUTHERN SECTION GIRLS BEACH VOLLEYBALL OFFICIALS INFORMATION

1. Are officials available and required?

Currently officials are available, and more are being trained to officiate beach volleyball. Depending on the request of the school your local assignor will work with the Southern California Volleyball Officials Association to provide you with either a “monitor” or a true R1 and R2 for head-to-head contests. Currently officials are not required but strongly encouraged to officiate beach competition. A “monitor” for a beach competition either head-to-head or tournament will be used similar to a high school tennis competition.

2. How much does an official beach monitor cost?

- A. Varsity Dual Head to Head Match (1 Monitor) ----- Minimum 2 hours - \$70
 - a. Each additional 1/2 hour ----- \$18
- B. Non-Varsity Dual Head to Head Match (1 Monitor)----- Minimum 2 hours - \$70
 - a. Each additional 1/2 hour ----- \$18

C. TOURNAMENT FEES

Sets to 25 points: Pool Play \$20 – Playoffs \$22

Sets to 21 points: Pool Play \$19 – Playoffs \$21

Sets to 15 points: Pool Play \$18 – Playoffs \$20

- D. CIF-SS PLAYOFFS (1 Monitor) ----- Minimum 2 hours - \$80
 - a. Each additional 1/2 hour ----- \$20

GUIDELINES FOR WARM-UP PROCEDURES (PRE-MATCH)

Playing Area - Referee (50 minutes)

1. One hour before the competition, the official with the assistance of the home team, must confirm that the dimensions as well as the quality and safety of the boundary lines and all other sport equipment, meet the requirements.
2. Before the start of the Referee must check: The net is perpendicular to the court and the dimensions of the boundary lines and free zone are accurate.
 - a. Note: In a square court (8m x 8m for one side), the length of the short diagonals (11.31 meters) must be equal.
3. The playing area, sand condition and sport equipment are safe for the players and officials.
 - a. Note: Boundary lines must be properly secured and present no danger to players. Exposed hooks, metal fastening devices or spikes to hold the lines in place are not acceptable.
4. Prior to each match officiated, before the warmup time, inspect the court and free zone area checking its symmetry, safety, and general condition.

- a. Note: Before/during the match, the Referee must pay attention to the fact, that the free zone must always be free from any obstacle which can cause an injury to a team member (drinking bottles, TV camera tripods, sand rakes, etc.).
5. The playing court is maintained by the sand rakes who are responsible for raking it before, during the game, between sets, and between matches.
 - a. Note: The referee is responsible to check that this is done properly and together with the host school, and they should continuously monitor during the match the condition of the lines and the playing court, ensuring that both courts are in equal condition.

Net & Post - Referee must check:

6. The height of the net must be as per Rule.
 - a. Note: Before each match, after the sand has been rake, the referee must check the height of the net before the coin toss.
7. The net, posts and referee's stand are properly padded so that a player is not a risk of injury from exposed hard or sharp surfaces.
 - a. Notes: Before/during the game (and especially at the beginning of each set), must check whether the side bands are exactly perpendicular to the playing surface and placed directly above each sideline and whether the antennae are just at the outer edge of each side band. If this is not the case, they should be readjusted immediately.

Balls – Referee must check that:

8. The referee takes possession of the match balls before the match and checks that all of them have identical characteristics (color, circumference, weight, and pressure).

Scoresheet – Referee must check that:

9. Educating and training players on the proper completion of AVP scoresheets.
10. Correct scoresheet and results entry errors (working with the players to do so).

Formal Warm-Up Protocol: (10 minutes)

11. Ten minutes are allowed for warm-up. Formally, this period includes one minute to conduct the coin toss with a player representative from each competing pairs team and eight minutes of formal timed warm-up.
 - 10 Coin toss
 - 9 Start eight-minute formal timed warm-up (coaches must leave the playing court)
 - 1 End warm-up, teams to pre-determined team area, referee(s) to designated location
 - 0 Teams to end-lines (respective to team area)

**202-2024 GIRLS BEACH VOLLEYBALL TOP TEN PREVIEW
QUESTIONNAIRE**

SCHOOL _____ LOCATION (CITY) _____

LEAGUE _____ DIVISION _____

HEAD COACH _____ YRS. AS HEAD COACH AT SCHOOL _____

HEAD COACH E-MAIL _____

2022-23 VARSITY RESULTS:

OVERALL RECORD _____ LEAGUE RECORD _____ LEAGUE PLACE _____

OF RETURNING VAR. PLAYERS: _____ # OF RETURNING VAR. STARTERS _____

TOP RETURNEES:

NAME	POS.	HT.	YR.	HONORS
------	------	-----	-----	--------

TOP NEWCOMERS:

NAME	POS.	HT.	YR.
------	------	-----	-----

***IMPORTANT* PREDICTED FINISH OF TEAMS IN YOUR LEAGUE (INCLUDE
YOUR TEAM):**

1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____

TOURNAMENTS (entered for the 2022-23 season):

RETURN IMMEDIATELY TO:

2023-24 GIRLS BEACH VOLLEYBALL ADVISORY DIVISIONAL REPRESENTATIVE (PG. 4)



TO: CIF-SS GIRLS' BEACH VARSITY VOLLEYBALL COACHES
FROM: THOM SIMMONS, ASSISTANT COMMISSIONER
RE: VOLLEYBALL RECORD UPDATE

In an effort to update the CIF Southern Section Girls Beach Volleyball records, the CIF-SS Publicity Department is asking for your assistance. Listed below are minimum standards for established record categories. If your team has met or exceeded any of the following standards, or if any of your PAST teams qualify, please submit the information on the attached form. Be sure to include all pertinent information (noted in parenthesis) for each record submitted.

Records MUST be submitted on the official form provided. Records submitted on any other form will not be accepted. They must also be TYPED, SIGNED, and submitted with proper DOCUMENTATION (See attached form). Playoff contests will count toward cumulative statistical totals.

TEAM RECORDS

Most Kills – Season (Year)..... n/r
Most Kills – Game (Opponent, Year)..... n/r
Most Blocks – Season (Year)..... n/r
Most Blocks – Game (Opponent, Year)..... n/r
Most Digs – Season (Year)..... n/r
Most Digs – Game (Opponent, Year)..... n/r
Longest Winning Streak (Years)..... n/r
matches
Longest League Winning Streak (Years)..... n/r
matches
Consecutive League Championships (Years, League)..... n/r
Consecutive CIF-SS Championships (Year, League)..... n/r

INDIVIDUAL RECORDS

Most Kills – Career (Years)..... n/r
Most Kills – Season (Year)..... n/r
Most Kills – Game (Opponent, Year)..... n/r
Most Blocks – Career (Years)..... n/r
Most Blocks – Season (Year)..... n/r
Most Blocks – Game (Opponent, Year)..... n/r
Most Digs – Career (Years)..... n/r
Most Digs – Season (Years)..... n/r
Most Digs – Game (Opponent, Years)..... n/r

PLEASE NOTICE: Individual career records should not be reported until the student has completed high school eligibility in this sport. Thank you.

n/r = new record

RETURN TO:

**Media Dept.
10932 Pine Street
Los Alamitos, CA 90720**

PRESS GUIDE & RECORD BOOK REPORTING FORM
MUST BE TYPEWRITTEN

SPORT _____ SCHOOL _____
RECORD(S) SUBMITTED BY _____
TITLE OF PERSON SUBMITTING _____

TEAM RECORDS

<u>Mark</u>	<u>Category (Season/Game)</u>	<u>Year/Opponent</u>
-------------	-------------------------------	----------------------

INDIVIDUAL RECORDS

<u>Mark</u>	<u>Category (Career/Season/Game)</u>	<u>Player</u>	<u>Year/Opponent</u>
-------------	--------------------------------------	---------------	----------------------

Records must be submitted with documentation.

Schools are required to submit one of the following two items in addition to the completion of all information on this form for consideration.

1. A newspaper account of the record-breaking performance. Clipping must contain date and name of newspaper.

2. A letter from the school's principal indicating the record, the date of the event and signed by a witness who observed the record-breaking performance.

SIGNATURE OF APPLICANT _____ **DATE:** _____

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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).

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).

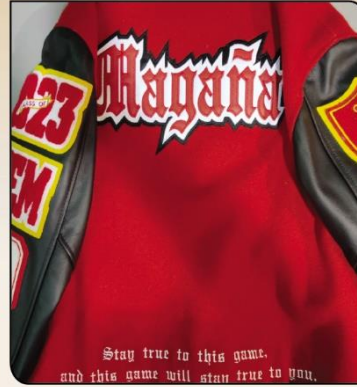
2023-2024 GIRLS BEACH VOLLEYBALL RULES OF PLAY

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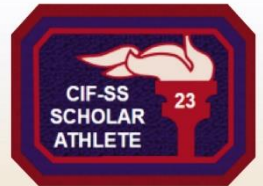
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