CIF SOUTHERN SECTION

WATER POLO

2026–2027



SEASON PREVIEW

CIF Ford Est. 1913 Southern Section CHAMPIONSHIPS

10932 Pine Street
Los Alamitos, California 90720

562-493-9500
www.cifss.org

Date: January 2023

To: Southern Section Principals & Athletic Directors

From: Mike West, CIF Southern Commissioner of Athletics

Subject: Aquatics Legislation

Please be aware of the Health and Safety Code Section 116033, which reads as follows:

> "Except as provided in subdivision (b), persons providing aquatic instruction, including, but not limited to, swimming instruction, water safety instruction, water contact activities, and competitive aquatic sports, at a public swimming pool shall possess current certificates from an American Red Cross or YMCA of the U.S.A. lifeguard training program, or have equivalent qualifications, as determined by the department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). All these persons shall meet these qualifications by January 1, 1991. Persons who only disseminate written materials relating to water safety are not persons providing aquatic instruction within the meaning of this section. The requirements of this section shall be waived under either of the following circumstances:
>
> (1) When one or more aquatic instructors possessing the current certificates from an American Red Cross or YMCA of the U.S.A. lifeguard training program, or the equivalent, are in attendance continuously during periods of aquatic instruction.
>
> (2) When one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction."

It is strongly recommended that all coaches enroll in the American Red Cross Lifeguard Training in California course (or equivalent as determined by the employing school district or school board). Designed to help coaches recognize and respond to medical emergencies that may occur in, on, or near the water, the lifeguard training program helps certified lifeguards provide care until medical professionals arrive and may even help save a life. After completing this lifeguard training in California, the certification is valid for two years. To maintain their credentials, certified lifeguards must complete the recertification process before or within 30 days of their certification expiration date.

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

FROM: **KRISTINE PALLE, ASSISTANT COMMISSIONER**

DATE: **OCTOBER 2026** (updated 7/15/26)

RE: **CIF-SOUTHERN SECTION 2026-2027 GIRLS' WATER POLO 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 to refer to the Blue Book and to discuss issues with their athletic administration.

Welcome to the 2026-2027 Girls' Water Polo season!

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***SPECIAL NOTE*: The 2026-28 National Federation Water Polo Rules Book was mailed to your school administration in September.**


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2026-27 GIRLS WATER POLO CALENDAR AND PLAYOFF DATES

FIRST CONTEST	MONDAY, NOVEMBER 9TH The initial date on which a school may schedule and conduct an interscholastic contest. **If a school chooses to have a scrimmage (maximum 2 scrimmages), it must be before their first official contest.**
SIT OUT PERIOD	FRIDAY, DECEMBER 18TH Refer to the student's approved transfer application in CIFSS Home.
LAST CONTEST	WEDNESDAY, JANUARY 27TH All competitions (league, non-league, ALL LEVELS) See Bylaw 3008 for end of competition guidelines.
AT LARGE APPLICATION	DUE WEDNESDAY, JANUARY 27TH BY 8:00 PM **NO EXCEPTIONS**
LEAGUE ENTRIES	**DUE WEDNESDAY, JANUARY 27TH** **BY 8:00 PM** **NO EXCEPTIONS**
PAIRINGS DAY	FRIDAY, JANUARY 29TH AT 2:00 PM Playoff Brackets can be found at www.cifss.org
PLAYOFFS	FEBRUARY 2ND – FEBRUARY 20TH BREAKDOWN ON NEXT PAGE
CIF-SS FINALS	SATURDAY, FEBRUARY 20TH

2026-27 GIRLS WATER POLO PLAYOFF DATES BREAKDOWN

ROUND 1	THURSDAY, FEBRUARY 4TH – 32 TEAM BRACKET FRIDAY, FEBRUARY 5TH – 16 TEAM BRACKET
ROUND 2	TUESDAY, FEBRUARY 9TH – 32 TEAM BRACKET
QUARTERFINAL	THURSDAY, FEBRUARY 11TH – 16 TEAM BRACKET FRIDAY, FEBRUARY 12TH – 32 TEAM BRACKET
SEMIFINAL	TUESDAY, FEBRUARY 16TH – (DIVISIONS 2-5)
CIF-SS FINALS	SATURDAY, FEBRUARY 20TH ALL DIVISIONS

CIF Southern California Girls Regional Championships

Divisions I, II & III - February 23, 25 & 27, 2027
Visit www.cifstate.org for more information

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 GIRLS WATER POLO,
click Search

This page will display the most up to date information on Girls Water Polo Approved Sanctioned Events.

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WATER POLO 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 CIF-SS 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 water polo 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.

2026-27 Girls' Water Polo Advisory Committee

CONTACT	SCHOOL	LEAGUE	EMAIL
Blake Corbin	**Laguna Hills**	**Golden West**	Blake.corbin@svusd.org
Brian Heider	**Chino Hills**	**Baseline**	brian_heider@chino.k12.ca.us
Chris Segesman	**Mater Dei**	**Trinity**	Csegesman@materdei.org
Cody Bell	**Upland**	**Baseline**	Cody_bell@upland.k12.ca.us
Dennis Nelson	**Savanna**	**Orange**	Nelson_d@auhsd.us
Eric Henninger	**Garden Grove**	**Empire**	Ehenninger@ggusd.us
Ethan Damato	**JSerra**	**Trinity**	Ethan.Damato@jserra.org
John Carcich	**Villa Park**	**Crestview**	Jcarcich@orangeusd.org
John Chamberlain	**Indian Springs**	**Mountain Valley**	John.chamberlain@sbcusd.k12.ca.us
Kristin Rodriguez	**Alta Loma**	**Hacienda**	kristin.rodriguez@cjuhsd.net
Laura Lopez	**Harvard-Westlake**	**Mission**	Llopez@hw.com
Madison Matsushima	**Tesoro**	**Sea View**	mmmatsushima@capousd.org
Mark Barr	**San Marino**	**Rio Hondo**	MBarr@SMUSD.us
Matt Flanders	**Santa Monica**	**Pioneer**	Mflanders@snmusd.org
Melissa Fernandez	**Ocean View**	**Orange Coast**	Ltlrock@yahoo.com
Melissa Seidemann	**Lutheran/Orange**	**Trinity**	Melissa.seidemann@lhsoc.org
Ross Sinclair	**Newport Harbor**	**Sunset**	Rsinclair4@gmail.com
David Argumosa	**Consultant**		Argumosa05@yahoo.com
Don Holbrook	**Management**		Holbrookpolo@verizon.net
Levon Dermendjian	**Official**		Ldermendjian@gmail.com
Mike Stewart	**Official** (SCAF President)		Foothillmike@yahoo.com
Shawn McBride	**Management**		Mcbride_s@auhsd.us

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 "Water Polo, Girls"

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 **Water Polo, Girls** under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent", choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time" Click on "Save" to add one game or "Save & Duplicate" for multiple games.
- To **Submit your score**:
- On the left panel, click on "Teams", select "Teams Manager", scroll down to "**Water Polo, Girls"** 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 **no later than WEDNESDAY, JANUARY 20, 2027.**

Attention Athletic Directors/Coaches: It is very important that you enter your Girls Water Polo coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org).

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) **no later than WEDNESDAY, JANUARY 20, 2027.**

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 "**Water Polo, Girls**", click on the "**Team Photo**" tab,

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

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER AND THERE MUST BE OPENINGS IN THE DRAW

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Girls Water Polo. The At Large Application is to be submitted by your school no later than WEDNESDAY, JANUARY 27, 2027 @ 8:00 p.m.

VARSITY TEAM INFORMATION (ROSTERS) **no later than WEDNESDAY, JANUARY 20, 2027.**

Attention Athletic Directors/Coaches: It is very important that you enter your entire Girls Water Polo Varsity roster into CIFSSHome (www.cifsshome.org).

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 "**Water Polo, Girls**", VR 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 Water Polo is:

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

(1) To ADD roster players one by one:

- Click + Add Players One by One on and complete fields required for Girls Water Polo.

(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) Choose File 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 Water Polo are:

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

- Click on to find your file, then click on Import
- To confirm the roster has been uploaded, your players' names will be uploaded in the "**Official Roster**" section.
- Click on the ✎ next to the player's name to view each player's information.

OFFICIAL WATER POLO BALL

BOYS OFFICIAL BALL

HYDROGRIP SIZE 5

*THIS BALL WILL BE PROVIDED FOR THE CHAMPIONSHIP FINAL GAME



GIRLS OFFICIAL BALL

HYDROGRIP SIZE 4

*THIS BALL WILL BE PROVIDED FOR THE CHAMPIONSHIP FINAL GAME





KAP K7 SEVEN

WATER POLO

CONTACT: JOHNATHON HEWKO - HEWKO@KAP7INC.COM

CONTRACTED THROUGH: JUNE 30, 2031

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

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

OFFICIAL BALL RULE:

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

Points of Emphasis

1. Goalkeeper Play
2. Free Throws
3. Simulation
4. Identification of the NFHS Authenticating Mark on Game Balls
5. Misconduct

NFHS

PLAY. PERFORM. COMPETE. TOGETHER.

2026-27 & 2027-28 WATER POLO

Rules Revisions

1. Placement of team benches and the administrative table shall be determined by the facility layout and may be positioned on either side of the pool.
2. Audio or video devices are prohibited from being worn by players during the game.
3. After the start of a game, a team is not required to have a goalkeeper and may instead have seven players. In that case, no field player will have goalkeeper privileges.
4. Prohibits use of illicit substances by participants, team personnel or coaches during a contest.
5. Intercom headset systems are permitted to be used by referees.
6. Prohibits use of illicit substances by officials during a contest.
7. Either the offense and/or defense may call a 30-second time-out after a goal is scored.
8. A goal can be scored directly after a correctable clock error and after the referee has removed the ball prior to the corner throw for any administrative reason.
9. When the ball is located outside of 6 meters, it will no longer matter where the foul is located to be able to shoot directly and score.
10. Players are allowed to put the ball into play, move outside 6 meters, and score from anywhere in the field of play.
11. A player who voluntarily leaves the field of play may re-enter immediately upon reaching the re-entry area nearest to that player's goal line.
12. A ball is considered out of bounds when a player in possession reaches the ball entirely across the goal line and outside of the goal posts.
13. Player location is determined by the center of the head relative to the 2-meter, 6-meter, half distance and goal lines. The Goal Area was added to the list of boundaries in the field of play.
14. The center is permitted to let go and attempt to play the ball while it is in the air, provided there is no push-off or a sink of the defender.
15. A ball is considered out of bounds when a player in possession reaches the ball entirely across the sideline.
16. If a player climbs from the side of the pool instead of swimming to the re-entry area, that player is excluded from the remainder of the game, with substitution after the earliest occurrence.
17. Establishes a clear definition of "control of the ball."
18. It is an exclusion foul to use two hands to hold an opponent who is not holding the ball.
19. A player receiving a second minor act of misconduct will be excluded for the remainder of the game for misconduct.
20. If a defending goalkeeper fails to take the correct position on the goal line or moves off of the line before the referee's whistle and the shot is missed or blocked at the taking of a penalty throw, the goalkeeper is excluded for 20 seconds.
21. Defines circumstances that must exist for there to be a probable goal.
22. Increases the distance opposing players must be positioned away from a player taking a penalty throw.

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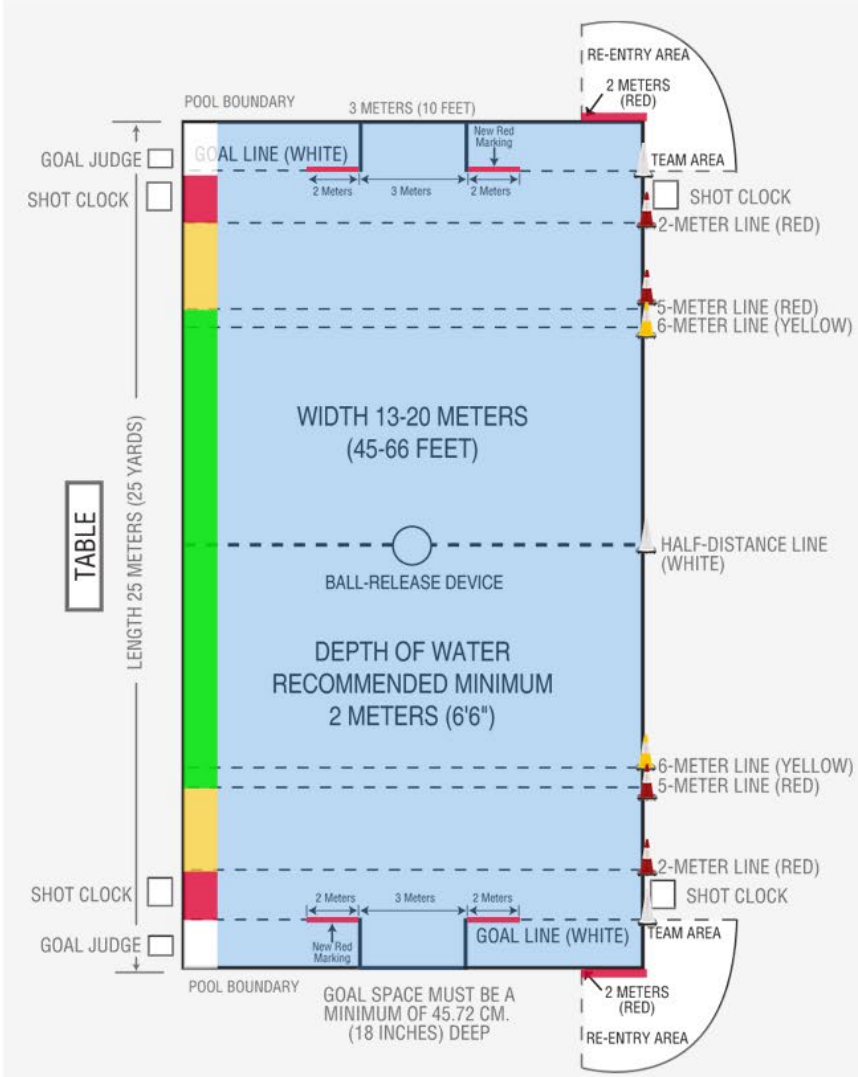
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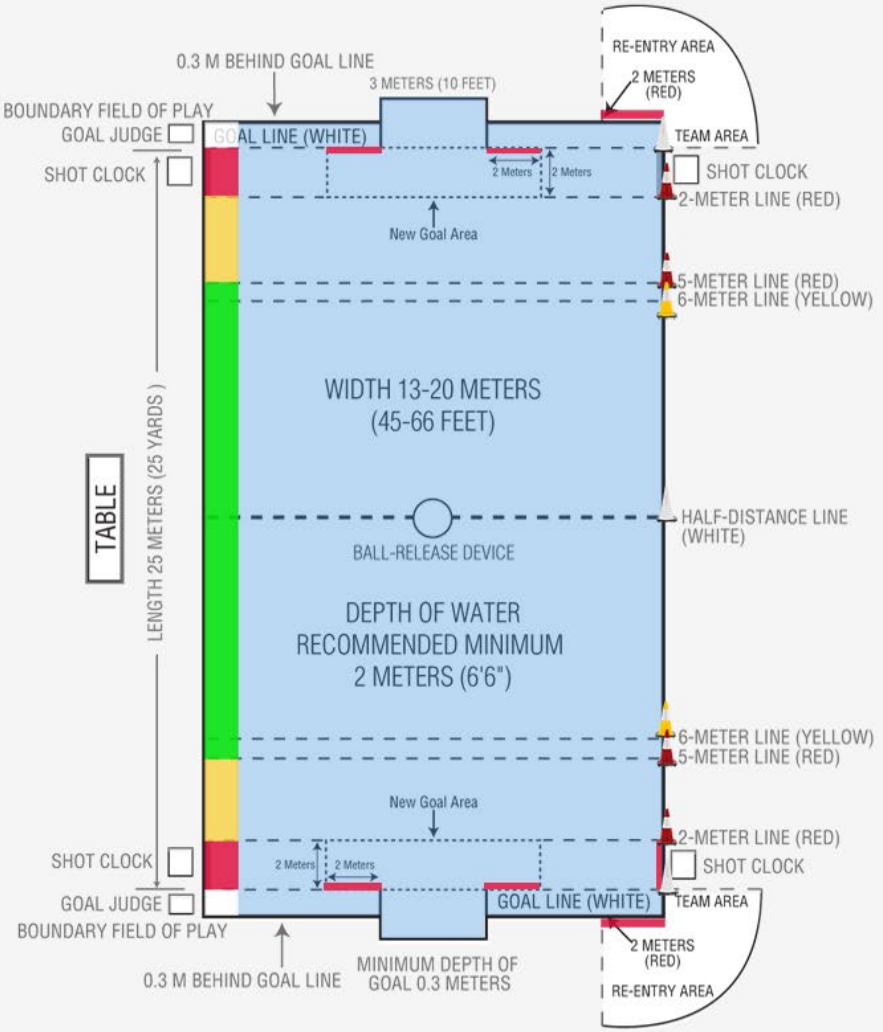
NFHS

WATER POLO

Wall-mounted Goal Pool



Floating Goal Pool



NOTE: Minimum distance from goal line to pool wall recommended to be a minimum of 1.66 meters.

BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

RULE 125.1 COACH EJECTION - Upon the ejection of a coach from any CIF Southern Section contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. ADDITIONALLY, UPON EJECTION, THE EJECTED COACH SHALL BE DISQUALIFIED FROM PARTICIPATING IN THE REMAINDER OF THE GAME AND WILL BE INELIGIBLE FOR THE TEAM'S NEXT CONTEST. A SECOND EJECTION WILL CONSTITUTE A TWO CONTEST SUSPENSION AND A THIRD EJECTION WILL CAUSE SUSPENSION FOR THE REMAINDER OF THE SEASON.

RULE 125.2 FAILURE TO COMPLETE A CONTEST - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF Southern Section Office be notified by the principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: How serious is such action?
ANSWER: It has been the position of the CIF Southern Section Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.

QUESTION: What if the head coach is red carded and there is not an assistant coach on the bench?
*ANSWER: A district/school employee that holds **ALL coaching certifications** ("Coaches Education Training", CPR, First Aid, Sudden Cardiac Arrest, Concussion Training and anything else required by the district/school board specifically for coaches) may supervise the remainder of the game. If there is not a person holding the aforementioned credentials, the game will be terminated at that point). Teachers, administrators and other district personnel cannot fill this role unless they hold ALL necessary coaching certifications.*

RULE 514 - TOBACCO PRODUCTS PROHIBITED

The use of tobacco products in conjunction with any CIF Southern Section athletic contest is prohibited. This would include all those involved in the contest including players, coaches and officials.

RULE 1223 - SUMMERTIME RULES

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

RULE 503 - PLAYER CONDUCT RULE

Player:

A player who is ejected from a contest (for reasons other than fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of that contest (event) and his or her team's future contest (s) as outlined below:

First Ejection: Player is ineligible to participate in the team's next contest. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following season. If the player is a senior, he or she would be ineligible for the first contest of their next season of sport.

Second Ejection: Player is ineligible to participate in the team's next three (3) contests. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport.

Third Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contest that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for the next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

A player who is ejected from a contest for fighting or leaving the bench area during a fight* shall be ineligible to participate in the remainder of that contest and his or her team's future contests as outlined below:

RULE 503 - PLAYER CONDUCT RULE continued

First Ejection: Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the duration of the suspension. If the season concludes prior to the player serving the full suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.
Second Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contests that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for their next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

QUESTION:	What happens when a student engages in Fighting/Assaultive Behavior during an athletic contest that is not observed by game officials?
ANSWER:	In cases when a student engages in Fighting/Assaultive Behavior that is not observed by game officials, it is the expectation of the CIF Southern Section Executive Committee that the building principal of the school involved will impose a minimum one-game suspension for the students who commit such offenses.

RULE 1224 - LEVEL OF COMPETITION

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

RULE 3301 - OFFICIAL NATIONAL FEDERATION AUTHENTICATING MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, soccer, softball, volleyball and water polo. (February 1999 Federated Council; revised to include lacrosse November 2000 Federated Council.)

RULE 3510 - FREE LANCE PLAYOFF ENTRY VERIFICATION

If a school does not have membership in a league or the school belongs to a league which does not offer students in a given sport an opportunity to qualify into CIF Southern Section championships, special conditions exist which must be followed in order to qualify for possible entry into a CIF Southern Section playoff activity. ****You must apply for Freelance consideration at the beginning of the season.***

3510.1 Team Sports - All free lance schools desiring entry into the playoffs must submit schedules to the Commissioner for evaluation and approval of conditions under which the team may qualify. Schedules must be submitted prior to the start of each season for evaluation.

Q & A - How can a freelance team qualify for CIF playoff consideration?

You must schedule 80% of allowable games per sport and they must be at the varsity level, and in order to be considered for the playoffs, the school must have a .500 or better record in all contests played and there must be openings in the bracket. Additionally, teams that win 80% of their contests played will be guaranteed entry. (Except football

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CIF-SS WATER POLO GUIDELINES

The Following points of emphasis should be reviewed by coaches, staff and players regarding CIF Southern Section rules and regulations as published in the CIF-SS Blue Book. This list is not all-inclusive; it highlights key areas.

MAXIMUM TEAM CONTESTS

1. A water polo team is permitted to play no more than twenty (28) contests during the season. One game scheduled with alumni and/or faculty will not count toward the allowable number of contests.

2. A team may play three regular games in one day in a tournament on a non-school day, provided one hour has elapsed between the finish of one contest and the beginning of the next contest.

END OF COMPETITION

All league competition for entries must end on or before the Thursday prior to the first playoff date. Schools may compete until Saturday in non-league contests and/or tournament play. **LEAGUE ENTRIES ARE DUE AT 8:00 P.M. ON WEDNESDAY EVENING. ANY COMPETITION TAKING PLACE AFTER ENTRIES ARE DUE WILL NOT BE CONSIDERED IN THE SEEDINGS.**

TOURNAMENTS

For those schools hosting sanctioned events, please review the 700 series. In particular, please be aware all sanctioned events are to be administered by the sanctioning school and not administered by outside groups. The interpretation is that all entry fees must be handled through student-body funds under the administration of the principal of that school.

LENGTH OF QUARTERS

The length of quarters for water polo games shall be seven minutes for varsity games, six minutes for non varsity. Schools can mutually agree to shorten games. (Approved April 2002, CIF-SS Council)

GAME BALL

The KAP7 104 NFHS is the official girls' water polo ball of the CIF Southern Section and must have the NFHS authenticating mark stamped on it. **The KAP 104 NFHS ball must be used in all playoff games.**

OUTSIDE COMPETITION BY AN INDIVIDUAL DURING THE SEASON OF SPORT

A member of a high school water polo team may not, during his season of sport, compete for an outside team in the sport of water polo. A season of sport (see CIF-SS Blue Book Rule 504) is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (tournament, non-league or CIF-SS playoff game). If an athlete has been selected for an ODP event/ tournament, permission must be obtained by the association office prior to the event.

SCOUTING PROHIBITION - PRACTICE SESSION

Scouting of any type that would include personal viewing, written notes, audio tape, motion pictures, video reproduction and/or any other type of reproduction such as still pictures, etc., shall not be taken in any sport of a member school's practice sessions by anyone without written consent of the participating school(s). An interscholastic scrimmage is not subject to this rule.

Q & A - What is allowed with regard to scouting a contest?

There will be NO restrictions on the part of member schools regarding the filming/video-taping of any contest. Host schools will maintain game management rights and responsibilities.

OFFICIALS

It is required that:

1. When contacted by the official at least 24 hours in advanced, the host school will have available someone who will handle the needs of the officials assigned to the contest. This should include, but not be limited to, facility orientation, locker room assignment, and parking.

2. The officials' locker rooms are open at half-time and immediately after the game.

3. After the contest, the officials' locker and dressing facilities remain secured for at least 20 minutes. Coaches and other school officials should not enter an officials' dressing area for the purpose of complaints.

4. Coaches should not approach or confront the officials at the completion of a contest.

5. Coaches and school officials should not make public statements to the news media criticizing officials.

6. School officials must be alert to potential problem situations and provide security for officials to and from their dressing facilities and to the parking area after the contest when necessary.

7. Athletic administrators convey to the coaching staff that any problems regarding officiating be handled first through the Area Officials' Liaison and second by the CIF-Southern Section Office, if it is serious in nature.

8. A representative from the host school shall handle financial matters prior to the start of the contest.

9. The participating schools should enforce the principles of Pursuing Victory with Honor and the education code with regards to fan and spectator behavior. Schools are strongly encouraged to remove and sanction any spectator who engages in abusive verbal or physical behavior or who uses profanity.

10. Schools not in compliance with numbers 1-9 will be reported to their Area Liaison by the officials association within five (5) school days. Regardless of the infraction, the contest will be played.

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CIF-SS HISTORY RECORD BOOK

The CIF-SS Record Book is updated on a yearly basis and can be found here.
https://cifss.org/record-book/

The CIF-SS Communications Office will automatically update information on championship teams, scores, and Players of the Year. Should your team, an athlete on your team, or a coach, meet a milestone record, then please complete this form.
https://cifss.org/record-book-request/
Please note we only record the top 10 in each category.

ALL CIF-SS

The All CIF-SS teams are decided by the coaches' advisory committees for each sport.
To be considered, your coach must attend the divisional meeting to submit their nominations to the committee. **No exceptions.**

The CIF-SS will receive the first team list from the committee and release those on www.cifss.org.
We will also mail the first team certificates to the athlete's school.
The CIF-SS office does not collect 2nd or 3rd team information. If the sport has a 2nd or 3rd team, that information will be available through the coaches committee.

EXTREME HEAT AND AIR QUALITY POLICY
FOR THE CALIFORNIA INTERSCHOLASTIC FEDERATION

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

Extreme Heat Procedures:

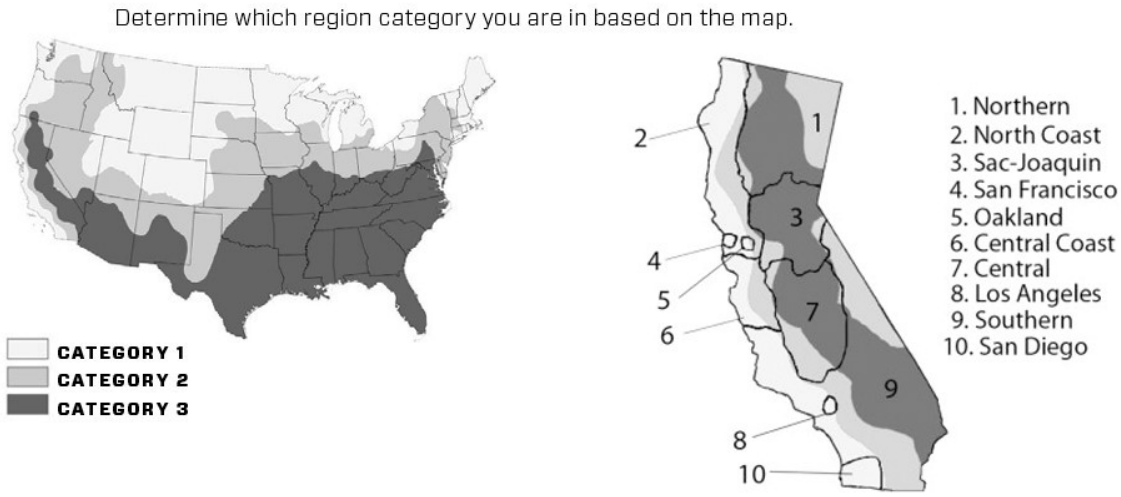
The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.
Depending on your Category Region (see map below), it is mandated for the benefit of the health and safety of our student-athletes that practice/games be canceled, or delayed until cooler when WBGT exceeds these levels:

- Region Category 1 >86.2°F
- Region Category 2 >89.9°F
- Region Category 3 >92.0°F

STEP 1

Find your Region Category
Based on the following map, schools should select the category that best fits their region to follow the required guidelines shown below.

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



STEP 2

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

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

STEP 3

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

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

EXAMPLE @2:30 PM

AUGUST 31, 2023	AUGUST 31, 2023	AUGUST 31, 2023
CATEGORY 1 SCHOOL	CATEGORY 2 SCHOOL	CATEGORY 3 SCHOOL
Outside Air Temp 87^0 F	Outside Air Temp 97^0 F	Outside Air Temp 92^0 F
WBGT Reading =80	WBGT Reading =82	WBGT Reading =81

CIF Fall Outdoor Sports Acclimatization Policy

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

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

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

For All Outdoor Fall Sports

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

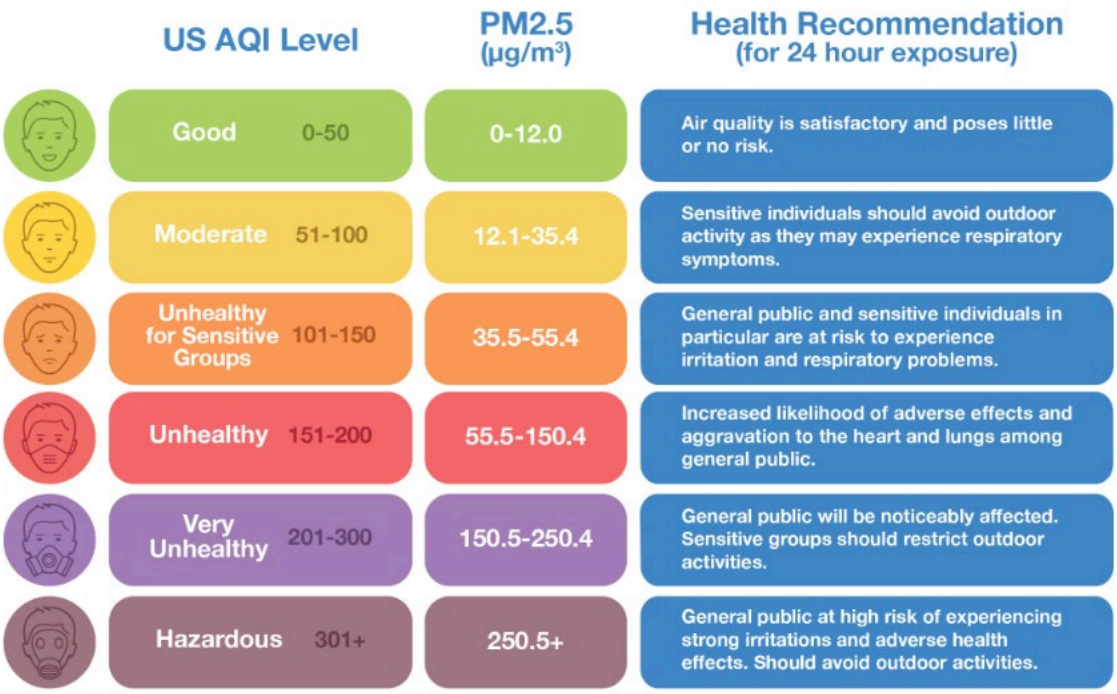
(a) Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours.

For Football Only

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

Air Quality and Sport Participation:

CIF Position Statement Sports Medicine Advisory Committee



Pictured: Air quality index chart with corresponding PM2.5 µg/m3.

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

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

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

The key component of the standardized air quality resource is the NWS Air Quality Index (AQI). The AQI provides real time monitoring and alerts in response to changing air quality levels. Five different pollutants are tracked in this system including the following: 1) ground level ozone 2) particle pollution 3) carbon monoxide 4) sulfur dioxide 5) nitrogen dioxide. Ground level ozone and particulate matter are the

most concerning pollutants for outdoor physical activity. The AQI is reported as a single number based on a scale of 0 to 500 with 0 being completely safe and 500 indicating the most hazardous levels of air pollution.

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

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

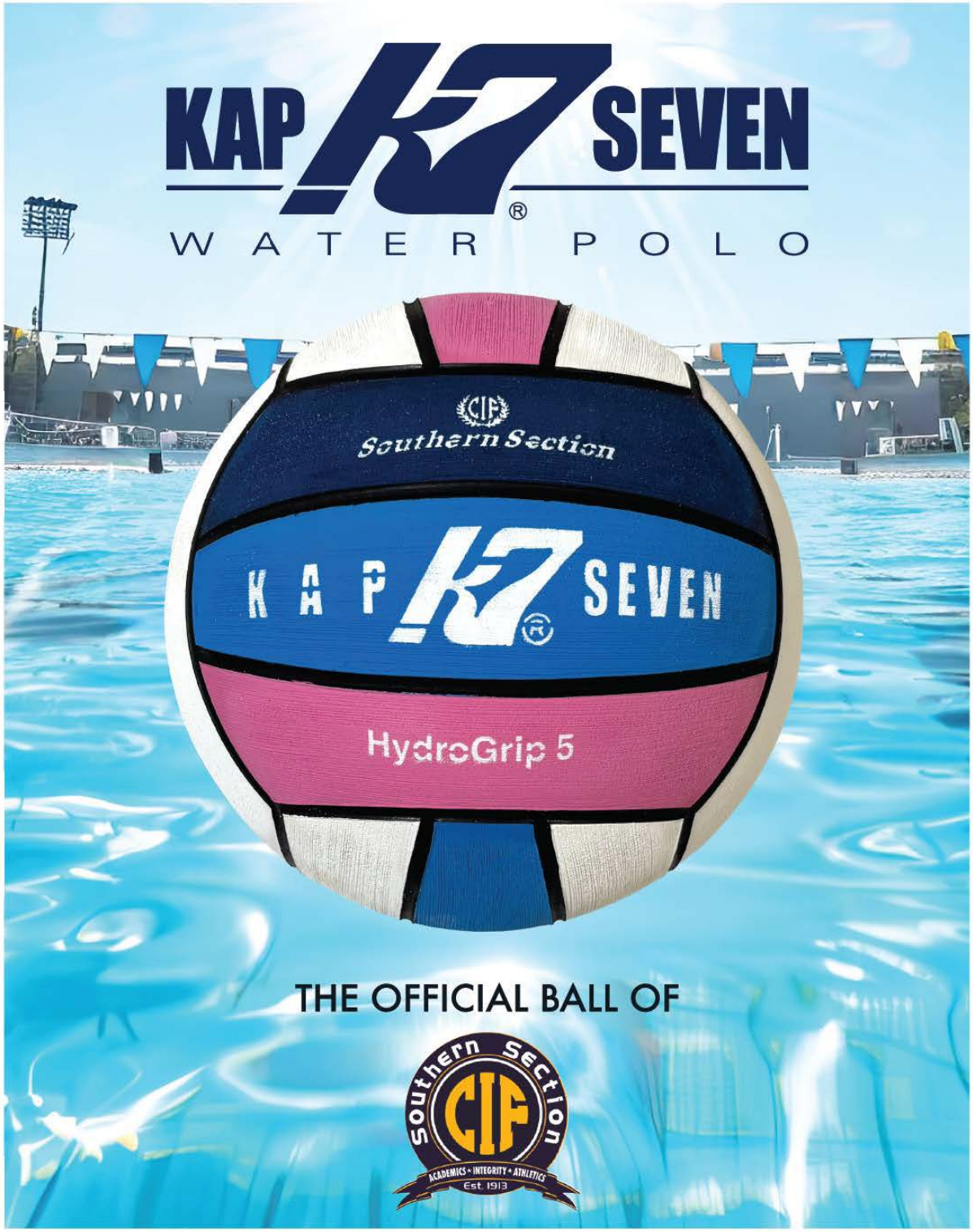
There are now validated online applications to smart phones which can track not only AQI in a town or city, but also AQI regionally near each neighborhood within each town or city. Consistent with NFHS, California Air Quality Board and California Environmental Protection Agency, the CIF recommends using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

References

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

UPDATED 10/19/23

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