



CIF SOUTHERN SECTION
10932 Pine Street
Los Alamitos, California 90720

DECLARATION OF ALTERNATE DAY OF RESPITE

CIF Bylaw 504.M. (Sunday Rule)

Statement of Understanding

I, [ ] on behalf of [ ]
(Principal/Head Master) (Name of School)

Understand that State CIF Bylaw 504 provides for at least one day respite from interscholastic athletics each week and prohibits member schools from holding interscholastic games or practices of any kind on Sundays, except for those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown.

In addition, I understand that any qualifying school, as provided in the paragraph above, seeking to hold interscholastic games or practices on Sunday must register this form with the CIF Section before August 1 of each School year.

I further understand that league or conference game schedules may not be able to accommodate this alternate day of respite; and that playoff or championship games may not be scheduled to accommodate this alternate day of respite because of venue availability or any other anticipated, or unforeseeable constraints.

Declaration of Alternate Day of Respite

I hereby declare that [ ] is a school founded upon religious tenets
(Name of School)

that observes the Sabbath from Friday sundown until Saturday sundown. I further declare that in order to provide one day respite from involvement in interscholastic athletics each week, the school declares the twenty-four (24) hour period of sundown Friday to sundown Saturday as our period of respite for the entire 2026-27 school year.

DATE: [ ] BY [ ]
(Signature of Principal/Head Master)

Please submit this completed form to the Southern Section Office via e-mail to sharonh@cifss.org
No later than August 1 of each school year.

CIF 504. Season of Sport

M. Sundays

In order to provide at least one (1) day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.

Exception: Those schools founded upon religious tenets that observe Sabbath from Friday sundown to Saturday sundown may practice or play on Sundays. Schools must register each year by August 1 for the following year with their Section office and observe a day of respite from Sundown Friday to sundown Saturday. No school requesting a religious exception may participate in interscholastic participation (practice and/or games) on seven (7) consecutive 24-hour days.

- Schools requesting an exception must provide documentation, if requested, of religious belief adhering to the basis of the exception.
- Schools requesting an exception must provide documentation, if requested, of adherence to the rule of no interscholastic participation (practice and/or contest) within seven (7) consecutive 24-hour days.

NOTE: Declaration of Alternate Day of Respite form is available through your local Section Office.

- (1) Violation of Bylaw 504. M. will result in the following sanctions
a. Practice: For every practice conducted on a declared day of respite, the violating schools will be prohibited from conducting twice as many regularly scheduled practices (2 for 1)
b. Game: A game played on a declared day of respite will result in forfeiture of the game.
(2) In addition to the above sanctions, the Section may impose any of the following additional sanctions.
a. The final season record will be reduced by at least one (1) win at the conclusion of the season;
b. The school will be placed on probation;
c. The team/individual will be ineligible to advance to or in Section, Regional or State Championships;
d. Reduction of maximum number of contests allowed for the following year in that sport;
e. Repeated violation may result in suspension of membership in the CIF.

(May 2000 Federated Council/Revised May 2004 Federated Council/Revised April 2018 Federated Council)