



CALIFORNIA INTERSCHOLASTIC FEDERATION

SAN FRANCISCO SECTION

&

SAN FRANCISCO UNIFIED SCHOOL DISTRICT

ACADEMIC ATHLETIC ASSOCIATION

CONSTITUTION AND BYLAWS

GOVERNING

INTERSCHOLASTIC ATHLETIC CONTESTS

FOR THE

2019 –20 ACADEMIC YEAR

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MISSION STATEMENT

The California Interscholastic Federation San Francisco Section shall foster and preserve the role of athletics as an integral component of its secondary education program. The Section shall make every effort to instill core values of sportsmanship and respect for others in students, and strive to use athletics as a vehicle to help students develop the tools needed to succeed in their future endeavors. Finally, the Section shall provide a system of sports competition that is diverse, wholesome and equitable; the athletics program in an institution of secondary education belongs to everyone.

STATEMENT OF PHILOSOPHY

Athletics is an integral part of an education program. Athletics provides a vehicle for a student to learn to set goals, work with others in pursuit of those goals, pursue those goals with character in the face of opposition and adversity, display grace in the attainment of those goals and be resolute and dignified when those goals are not attained. In short, athletics provides us a vehicle to mold tomorrow's successful adults, and sculpt the future of our community.

We, the administrators, educators and coaches of the CIF San Francisco Section, shall create a climate that stresses educational excellence. Athletics, and the teaching of athletic skills, is a vital component of an educational program and a forum to instill paradigms of excellence.

Our athletic program is founded on our core values of sportsmanship, fair play, honesty, self respect, perseverance, courage, respect for others, responsibility, leadership, initiative, cooperation and teamwork. We shall teach athletic skills in a manner that stresses these core values. We shall teach our students how athletic goals can be pursued in a manner that is consistent with these core values, and we shall exemplify these core values through our own conduct.

Finally, we shall exemplify equity in our athletic programs. No person shall be denied access to our athletic programs on the basis of gender, race, nationality or sexual orientation.

By adhering to our philosophy, we will make better athletes and we will make our athletes better. Through applying our philosophy, our students will develop the tools needed to succeed in their future endeavors. We shall use our philosophy to make our athletic program a paradigm for success and a model for excellence.

<u>TABLE OF CONTENTS</u>		<u>PAGE</u>
MISSION STATEMENT		02
STATEMENT OF PHILOSOPHY		02
TABLE OF CONTENTS		03
CONSTITUTION		09
ARTICLE I	Name	10
ARTICLE II	Purpose	10
ARTICLE III	CIF Membership and Adoption of CIF Rules	10
ARTICLE IV	Section Membership	10
ARTICLE V	Board of Managers	11
ARTICLE VI	Powers and Duties of the Board of Managers	11
ARTICLE VII	Appointments to the Federated Council	12
ARTICLE VIII	Meetings of the Board of Managers	12
ARTICLE IX	Commissioner of Athletics	12
ARTICLE X	Institutional Control	13
ARTICLE XI	Athletic Director	13
ARTICLE XII	Member Schools' Compliance with CIF San Francisco Section and AAA Rules	13
ARTICLE XIII	Amendment of Constitution	14
PART I	BYLAWS: CIF SAN FRANCISCO SECTION GENERAL REGULATIONS	15
Section 1	Institutional Control	16
Section 2	Supervision of Athletic Activities	16
Section 3	Prohibited Recruiting and Economic Transactions	16
Section 4	General Coaching Requirements	17
Section 5	State Requirements for Coaching Certification	18
Section 6	Ineligible Team Due to Uncertified Coach	20
Section 7	Schedule Changes Due to Uncertified Coach	20
Section 8	Authority to Make Schedule Changes	20
Section 9	Final Authority Pertaining to Playoffs	21
Section 10	EAP/AEP Requirements	21
Section 11	Prohibition on Sponsorships from and Distribution of Muscle Building Supplements	21
Section 12	Recording/Reporting of Injuries	21
Section 13	Concussion Protocol	21
Section 14	Heat Illness Protocol	22
Section 15	Medical Insurance Coverage	22
Section 16	Minimum Number of Participants to Field a Team and Number of Coaches Provided	22
Section 17	Maximum Contacts (CIF State Bylaw 1206)	24
Section 18	Non-League Game Schedules	26
Section 19	Limitations on Practice and Games	26
Section 20	Accredited Officials Requirement	26
Section 21	Official Balls	26
Section 22	Compliance with SFUSD Volunteer Driver and Chartered Bus Regulations	26
Section 23	Overnight Trips	26
Section 24	Awards	27
Section 25	Athletic Award Limits	27
Section 26	Violation of any Rule may result in Sanctions for a School	27
Section 27	Plan for Playoffs in those Sports for which Playoffs are Provided	28
Section 28	Regulations Governing Ties of Round-Robin Ladders and Semi-Final Playoff Games	28
Section 29	Regulations Governing Ties for Positions on Round-Robin Ladders in which All Teams have Not met one another During the Regular Season	30
Section 30	Method for Deciding the Championship	31
Section 31	Deciding Champions By Sport	31
Section 32	Preparation of Sport Schedules	32
Section 33	Commissioner's Powers	34

TABLE OF CONTENTS (cont.)**PAGE**

PART I (cont.)	BYLAWS: CIF SAN FRANCISCO SECTION GENERAL REGULATIONS (cont.)	34
Section 34	Appeals	34
Section 35	Appeal Hearing Procedures	35
Section 36	Level Two Expedited Hearing	35
Section 37	Principal's Unusual or Extenuating Circumstances Appeal	36
PART II	BYLAWS: ELIGIBILITY RULES	37
Section 1	Principal's Responsibility	38
Section 2	Mandatory Pre-Participation Physical Exam	38
Section 3	Mandatory Parental Consent	38
Section 4	Anti-Steroid Agreement	38
Section 5	Eligibility List	39
Section 6	Practice and Contests Under Part II, Section 5	40
Section 7	Submission of Eligibility Checklist	40
Section 8	Eligibility Dates	40
Section 9	Playing an Ineligible Student & General Eligibility Requirements	40
Section 10	CIF Student Eligibility for Interscholastic Athletic Competition	41
Section 11	Standards of Eligibility	42
Section 12	Accurate Information	45
Section 13	Age Requirement	46
Section 13.1	CIF San Francisco Section Factors Considered For Waivers of Age Requirement of CIF Bylaw 203	46
Section 13.2	Football Age Requirements	47
Section 14	Eight Consecutive Semester Requirement	47
Section 15	Scholastic Eligibility	49
Section 15.1	Attendance on Day of Contest	52
Section 16	Residential Eligibility	52
Section 17	Transfer Eligibility	55
Section 17.1	CIF San Francisco Section Eligibility Checklist	64
Section 18	Transfers from a Foreign Country	64
Section 19	Discipline, Expulsion, and Transfer for Disciplinary Reasons	66
Section 20	Physical Assault	67
Section 20.1	CIF San Francisco Section Physical Assault Reporting and Penalties	67
Section 21	Continuation School Eligibility	67
Section 22	Amateur Status	68
Section 23	Hardship Waivers other than Transfer	69
Section 23.1	Procedure for Hardship Waiver other than Transfer	69
Section 24	Post Injunction Remedies	70
Section 25	Intercollegiate Participation	70
Section 26	Graduates	70
PART III	BYLAWS: CIF STATE AND CIF SAN FRANCISCO SECTION SCHOOL REGULATIONS	73
Section 0	General Provisions	74
Section 1	Home Study, Home Schooling	74
Section 2	Independent Study Programs	74
Section 2.1	SFUSD Independent Study Program(s)	76
Section 3	Multi-School CIF Membership	76
Section 3.1	CIF San Francisco Section Multi-School Student Regulations	78
Section 3.2	Establishment of Residential Eligibility Zones for Out of Town Students Attending Multi-Schools who did not Previously Attend a Member School	79
Section 4	Special Schools (Calif. School for the Blind and Calif. School for the Deaf)	79
Section 4.1	Learning Disabled Student Eligibility	80
PART IV	BYLAWS: CONDUCT/SPORTSMANSHIP RULES AND PENALTIES	81
Section 1	Sportsmanship Expectations – Pursuing Victory with Honor	82
Section 2	Rooting Section Requirements	83
Section 3	Sportsmanship Rules and Penalties	83
Section 4	Physical Assault Rule	87

<u>TABLE OF CONTENTS(Cont.)</u>		<u>PAGE</u>
PART IV	BYLAWS: CONDUCT/SPORTSMANSHIP RULES AND PENALTIES (cont.)	87
Section 5	Hazing Policy	87
PART V	BYLAWS: CIF STATE GENERAL RULES	89
Section 0	Authorized Participation	90
Section 1	Contests Subject to CIF Eligibility Rules	90
Section 2	Non-CIF Member School/Club Teams	91
Section 3	Administrative Oversight	92
Section 4	Season of Sport	95
Section 5	Equity	97
Section 6	Practice Allowance	97
Section 7	Section Alignment of Leagues	99
Section 8	Donated Equipment	99
Section 9	Official National Federation Authentication Mark	99
Section 10	Undue Influence, Pre-Enrollment Contact, Disclosing Pre-Enrollment Contact, Athletically Motivated Transfers	100
Section 11	Suspended Schools	101
PART VI	BYLAWS: OUTSIDE COMPETITION	103
Section 0	Competition on an Outside Team	104
Section 1	Penalties for Violation of CIF Bylaw 600	105
Section 2	Pan-American, US Paralympic, or Olympic Competition	106
Section 3	Olympic Development Programs	106
Section 4	International Competition	106
Section 5	Professional Tryout	106
PART VII	BYLAWS: SANCTIONS	107
Section 0	Participation	108
Section 1	Joint Sanctioning Sponsorship	108
Section 2	Administration of Joint Sanctioned Event	108
Section 3	Inter-Sectional/Border States Competition	109
Section 4	Interstate Competition	109
Section 5	International Competition	110
Section 6	Penalty for Violations	110
PART VIII	BYLAWS: AWARDS FOR CIF COMPETITION	111
Section 0	Participation Award Rules	112
Section 1	Coaches Award Limitations	112
Section 2	Student Award Limitations	112
Section 3	Contributions	112
Section 4	Equal Value of Awards	112
Section 5	Any Gift or Total of Gifts, Sponsorships, or Contributions Valued at \$500 or more to an Athletic Program, Team, or Coach	113
PART IX	BYLAWS: ALL-STAR COMPETITION	115
Section 0	Participation	116
Section 1	Penalties for Violations of CIF Bylaw 900	116
PART X	BYLAWS: CIF STATE APPEALS AND DELEGATED POWERS	117
Section 0	CIF Student Transfer Eligibility Appeals Procedures (CIF Bylaws 206, 207, 208)	118
Section 1	Section Student Eligibility Appeals Procedures (CIF Bylaws 203, 204.D, 205.C)	118
Section 1.5	San Francisco Section Appeals Hearings Procedures	119
Section 2	State Review Procedure of Section Appeal Panel Decisions	119
Section 3	CIF Section Appeals Procedures Involving Matters other than Student Eligibility or Section Playoffs	120

<u>TABLE OF CONTENTS (Cont.)</u>		<u>PAGE</u>
PART X (cont.)	BYLAWS: CIF STATE APPEALS AND DELEGATED POWERS (cont.)	120
Section 4	CIF Section Playoff Appeals Procedures Involving Section Rules and Regulations Only	120
Section 5	State CIF Playoff Appeals Procedures	120
Section 6	Inter-Sectional Disputes Procedure	120
Section 7	Executive Director's Authority to Interpret	120
Section 8	Delegated Powers	120
Section 9	Setting Aside the Effect of a Rule for which there is No Provision for Waiver	121
PART XI	BYLAWS: RULES AND REGULATIONS PERTAINING TO LEAGUE ADMINISTRATION	123
Section 1	Authorized Sports	124
Section 2	Official Rule Book	124
Section 3	Team Entries	124
Section 4	Withdrawal from League for Excessive Forfeits	125
Section 5	School Administrative Responsibilities	125
Section 6	Home Team Responsibility	125
Section 7	Persons Permitted on Team's Bench	125
Section 8	Sports Advisory Committees	125
Section 9	Commissioner's Authority in Playoffs	126
Section 10	Season of Sport	126
Section 11	Practice	126
Section 12	Heat Regulations/Practice Restrictions	126
Section 13	Air Quality Index Restrictions	127
Section 14	Protests	127
Section 15	Rescheduling	127
Section 16	Postponed Games	127
Section 17	Contest Not Completed	128
Section 18	State Championship Division Placement	128
Section 19	General Rules Applicable to All Activities	128
PART XII	BYLAWS: RULES AND REGULATIONS PERTAINING TO SPECIFIC SPORTS	131
Section 1	Badminton	132
Section 2	Baseball	134
Section 3	Basketball	139
Section 4	Cross Country	141
Section 5	Fencing	142
Section 6	Flag Football	144
Section 7	Football	145
Section 8	Golf	154
Section 9	Gymnastics	159
Section 10	Lacrosse	160
Section 11	Soccer	161
Section 12	Softball	164
Section 13	Spirit Squad – Competitive Cheer/Sideline Cheer	166
Section 14	Swimming	168
Section 15	Tennis	169
Section 16	Track & Field	174
Section 17	Volleyball	176
Section 18	Wrestling	178
PART XIII	BYLAWS: FINANCE	185
	AAA Admission Prices	186
	Policy Statement AAA Playoff Passes	187
PART XIV	BYLAWS: ENCLOSURES / FORMS	189
	Interview Application for Coaching Athletic Teams	190
	Requirements for Coaching (Application Page 2)	191

<u>TABLE OF CONTENTS (Cont.)</u>		<u>PAGE</u>
PART XIV (cont.)	BYLAWS: ENCLOSURES / FORMS (cont.)	192
	Principal’s Hire Letter	192
	Waiver of ASEP/NFHS Requirement Form	193
	Child Abuse Reporting Guidelines	194
	SFUSD Code of Ethics for Coaches	195
	SFUSD Background Procedure for Athletic Coaches	196
	Pre-participation Physical Evaluation Form	197
	Parent Consent/Assumption of Risk Form	199
	CDC Opioid Fact Sheet	200
	Anti-Steroid Policy	203
	Concussion Information Sheet	204
	Sudden Cardiac Arrest Information Sheet	206
	Heat Illness Information Sheet	209
	Injury Report Card	210
	Incident Report Form	211
	Non-League Games and Scrimmage Form	212
	Game Contract Form	213
	High School Eligibility List	214
	High School Supplemental Eligibility List	215
	Eligibility Inquiry Form	216
	Student Academic Progress Weekly Tracking Form	217
	Verification of a Valid Change of Residence (Form 206/510)	218
	Application for Residential Eligibility (Form 207/208/510)	220
	Eligibility Transfer Checklist	222
	Pre-Enrollment Contact Affidavit (Form 510)	224
	Request for Appeal of Decision on Transfer Eligibility	226
	Related Student Consent Form	229
	Cross Country Course Map	231
	Cross Country Course Description	232
	AAA Badminton Ranking Instructions	233
	AAA Tennis Ranking Instructions	234
	Wrestling Weigh-in Sheet	236
	Team Roster Form	237
APPENDIX: CIF STATE POLICY AND PROCEDURES FOR APPEAL OF THE SECTION DECISION ON TRANSFER ELIGIBILITY FOR ATHLETIC PARTICIPATION		239



UNITED WE STAND
Together, for California.

CONSTITUTION

CONSTITUTION

Article I

Name

The name of this organization is the California Interscholastic Federation San Francisco Section (hereinafter referred to as the CIF San Francisco Section).

Article II

Purpose

The purposes of the CIF San Francisco Section are:

- A. To sponsor interscholastic athletic competition for member schools.
- B. To promulgate rules, regulations and standards relating to interscholastic athletics, enforce those rules, regulations and standards, apply appropriate sanctions for lack of compliance with those rules, regulations and standards, sponsor interscholastic athletic competition for member schools, and provide guidance on issues affecting the health, safety, general welfare and educational opportunities of the students taking part in interscholastic athletics.
- C. To promote the acceptance of the 16 principles of the Pursuing Victory With Honor program, which are the operating principles of the CIF.
- D. To ensure that the CIF San Francisco Section sponsors interscholastic athletic competition in a manner that does not discriminate on the basis of race, religion, sex, national origin or sexual orientation.

Article III

CIF Membership and Adoption of CIF Rules

The CIF San Francisco Section adopts the Constitution and Bylaws of the California Interscholastic Federation State Office (hereinafter CIF), and any rules promulgated there under. In accordance with CIF Constitution, Article 2, Section 23, the CIF San Francisco Section's Constitution, Bylaws, and rules shall adhere to the CIF's minimal standards or exceed those minimal standards. The CIF San Francisco Section shall not promulgate any rules which are less stringent than the minimal standards of the CIF Constitution or Bylaws or any rules promulgated there under unless the CIF specifically authorizes Sections to promulgate rules that are less stringent than the CIF's minimal standards.

Article IV

Section Membership

- A. A school which is a member of the Section must be a member of the Academic Athletic Association (AAA Athletic League) or another league established by the Board of Managers unless the school is voted by the Board of Managers to be an affiliated member.
- B. An affiliated member is a school that is not placed in a league. Affiliated members are not eligible for Section championships but are granted all other privileges and benefits of CIF San Francisco Section membership and are subject to all CIF regulations.
- C. A school which is a member of the Section may have affiliated status in one or more sports where it is not granted league membership in one or more sports but is a full member in others.
- D. The CIF San Francisco Section shall operate the AAA Athletic League under the authority of and on behalf of the San Francisco Unified School District (hereinafter referred to as the SFUSD). The following SFUSD high schools are members of the AAA: Balboa, Phillip & Sala Burton, Galileo, June Jordan, Abraham Lincoln, Lowell, Thurgood Marshall, Mission, John O'Connell, San Francisco International, Raoul Wallenberg, and George Washington. The following non-SFUSD high schools are members of the AAA: ICA Cristo Rey, KIPP San Francisco College Preparatory, Leadership Charter, and Lycee Francais de San Francisco.
- E. Membership in the AAA high school athletic league is reserved to those high schools granted membership by the Board of Managers. The Board of Managers may also authorize any other leagues that it deems necessary. Schools participating in such leagues shall be eligible to compete for the Section championship.
- F. The Board of Managers has the authority to accept new members. Schools petitioning to join as new members must apply to the Board of Managers in the manner prescribed by the Board.

- G. A school's membership in the AAA may be terminated at the discretion of the Board of Managers. A school's membership in the AAA may also be terminated if the school ceases to exist. The Board of Managers shall determine whether a school has ceased to exist. Such determinations may be made in situations including, but not limited to, a reconstituted school, a re-named school and a school which has moved from one site to another.

Article V
Board of Managers

- A. The governing body of the CIF San Francisco Section shall be known as the Board of Managers. The Board of Managers shall consist of:
1. The principals of those member schools that are part of the San Francisco Unified School District and are not charter schools; and
 2. A principal or administrator from any other member school which the Board of Managers elects to serve on the Board of Managers.

The members elected under Article V(A)(2) shall serve a three-year term as a Board member. However, their term shall expire should they cease to be the principal or administrator from the member school they were affiliated with when first elected to the Board of Managers.

- B. The Board of Managers shall appoint a female member to the Board of Managers whenever the Board has no female members. The appointee shall be a principal or school administrator.
- C. The Board of Managers shall appoint a member of a racial or ethnic minority group found in the demographics of the member schools to the Board of Managers should the Board not have at least one member who belongs to one of the racial or ethnic minority groups found in the demographics of the Section's student population. This appointee shall be a school administrator.
- D. Any member of the Board of Managers who changes status in such a manner that no longer qualifies the individual as a member of the Board of Managers shall have his or her membership on the Board of Managers immediately terminated.

Article VI
Powers and Duties of the Board of Managers

- A. The Board of Managers shall be the legislative body of the CIF San Francisco Section and the AAA Athletic League, and shall have the following powers:
1. The power to set CIF San Francisco Section and AAA policies.
 2. The power to enact all rules and regulations governing the eligibility of student-athletes to participate in interscholastic athletic competition.
 3. The power to enact all rules and regulations regarding the conduct of business by the CIF San Francisco Section and the AAA.
 4. The power to amend the Constitution, Bylaws, Rules and Regulations of the CIF San Francisco Section and the AAA.
 5. The power to fix and enforce penalties for violations of the Constitution, Bylaws, Rules and Regulations of the CIF San Francisco Section and the AAA subject to the procedural regulations of the CIF San Francisco Section and AAA Constitution and Bylaws.
- B. The Board of Managers has jurisdiction over all aspects of the CIF San Francisco Section and the AAA Athletic League and its member schools' athletic programs, including but not limited to jurisdiction over:
1. All interscholastic athletic games, events and meets involving a member school. Further, the Board of Managers has jurisdiction over the terms and conditions of any member school's participation in athletics.
 2. Students' eligibility to participate in interscholastic athletics.
 3. The scheduling of all interscholastic athletic games, events and meets involving a member school.
 4. The appointment of contest officials or other neutral crews, judges or adjudicators and any personnel needed to support them during competition in the AAA Athletic league and any other league established by the CIF San Francisco Section.
 5. Regulations regarding the conduct of all team members, coaches, administrators, teachers and team supporters of member schools.
 6. The establishment and enforcement of penalties for any violation of the CIF San Francisco Section and AAA Constitution, Bylaws or any rules promulgated thereunder.
 7. The financial and legal affairs of the AAA Athletic league.
 8. The implementation and enforcement of all provisions of the CIF San Francisco and AAA Constitution and Bylaws, Rules and Regulations. The Board of Managers may take any action necessary to implement or enforce any provision of the CIF San Francisco Section and AAA Constitution, Bylaws, Rules, and Regulations.

- C. The Board of Managers shall elect a president and a vice-president. The president shall serve as chairperson at Board of Managers meetings. The president, on behalf of the Board of Managers, shall also supervise, direct and advise the Commissioner of Athletics and the Athletic Office. The vice-president shall serve as chairperson at those meetings where the president is not present. The Board of Managers shall elect a temporary chairperson to chair those meetings where the president and vice-president are not present.
- D. The president shall be elected in the spring of even numbered years at a regularly scheduled Board of Managers meeting. The president shall serve a two-year term that begins on July 1 of the even numbered year in which he or she is elected.
- E. The vice-president shall be elected in the spring of odd numbered years at a regularly scheduled Board of Managers meeting. The president shall serve a two-year term that begins on July 1 of the odd numbered year in which he or she is elected.

Article VII

Appointments to the Federated Council

- A. Pursuant to Article 3, Section 30 of the CIF Constitution, “[t]he governing body of the California Interscholastic Federation shall be known as ‘The Federated Council.’ The Federated Council shall consist of representatives elected from each section, a representative from the State Department of Education, representatives from allied organizations selected by those organizations, the president, president-elect, and immediate past president of the Federated Council.”
- B. Pursuant to Article 3, Section 30, Subsection A of the CIF Constitution, “representatives elected from each section shall be elected to hold office for two years. If a section has more than one representative on the council the terms will be staggered.”
- C. Pursuant to Article 2, Section 20 of the CIF Constitution, the San Francisco Section of the CIF is entitled to one regular voting representative to the Federated Council. “Any section which does not have a woman on the Federated Council as its regular representative shall select a woman as an additional representative.” Further, pursuant to Article 3, Section 31, Subsection A of the CIF Constitution, “any CIF section which does not have at least one regular representative of an ethnic or racial minority group found in the demographics of the section’s student population, shall select an additional representative who is a member of an ethnic or racial minority group found in the demographics of the section’s student population.” Pursuant to Article 2, Section 20 and Article 3, Section 31, Subsection A of the CIF Constitution, a Section’s votes shall be split amongst its representatives where the Section appoints a woman or ethnic/racial minority representative in addition to its regular representative.
- D. The CIF San Francisco Section’s president and vice-president shall serve as the Section’s representatives to the Federated Council.
- E. Should the Board of Managers’ Federated Council representative(s) not include a female, then the Board of Managers shall also appoint a female representative.
- F. Should the Board of Managers fail to have appointed a member of an ethnic or racial minority group found in the demographics of the section’s student population after appointing its regular representative(s) and its female representative (if necessary), then the Board of Managers shall also appoint an ethnic/racial minority representative.

Article VIII

Meetings of the Board of Managers

The Board of Managers shall schedule meetings on a regular basis.

Article IX

Commissioner of Athletics

- A. The San Francisco Unified School District or the Board of Managers may appoint or hire a Commissioner of Athletics (sometimes hereinafter referred to as Commissioner).
- B. The Commissioner of Athletics shall have operational authority over CIF San Francisco Section and AAA High School athletics and shall implement the Board of Managers’ policies in all areas of the Board’s jurisdiction, ensure that member schools operate in compliance with the CIF San Francisco Section and AAA Constitution and Bylaws, Rules and Regulations, and manage any office and staff needed to operate the Section Office and the AAA High School athletic program.
- C. The Commissioner of Athletics shall operate the AAA Athletic League and the CIF San Francisco Section, and shall manage all championships and enforce all rules of the CIF San Francisco Section and AAA athletic program.

- D. The Commissioner of Athletics shall interpret all provisions of the Constitution, Bylaws, Rules and Regulations of the CIF San Francisco Section and AAA Athletic League, and those interpretations shall be binding until such time as the Board of Managers or the CIF State Office rules otherwise.
- E. The Commissioner of Athletics may investigate all alleged violations of the CIF San Francisco Section and AAA Constitution, Bylaws, Rules and Regulations, and issue penalties or other sanctions as he or she deems appropriate subject to the procedural provisions of the CIF San Francisco Section and AAA Constitution, Bylaws, Rules or Regulations. All penalties or sanctions issued by the Commissioner shall be binding until such time as the Board of Managers or the CIF State Office rules otherwise.
- F. The Commissioner of Athletics may assist member schools in hiring coaches, and shall ensure that the coaches comply with: (1) the standards set by the San Francisco Unified School District, and the Board of Managers, and the CIF; and (2) the provisions of these Constitution, Bylaws, Rules and Regulations.
- G. The Commissioner of Athletics may assist member schools in hiring their athletic director, and shall ensure that the athletic director complies with the standards set by the CIF, the San Francisco Unified School District, the Board of Managers, and the provisions of the CIF San Francisco Section and AAA Constitution, Bylaws, Rules and Regulations.
- H. The Commissioner of Athletics shall take occasional surveys of issues concerning member schools and make recommendations to the Board of Managers regarding those issues.
- I. The Commissioner of Athletics shall serve as Executive Secretary to the Board of Managers during the Board's meetings.
- J. The Commissioner of Athletics may appoint Advisory Committees and Sports Governance Committees where he or she deems it necessary. The Commissioner may also designate or hire heads or chairmen of these Committees where he or she deems it necessary.
- K. Where the SFUSD and the Board of Managers does not hire a Commissioner of Athletics, all powers and duties of the Commissioner shall be the powers and duties of the Board, and all references to the Commissioner in these Bylaws shall become the power and duties of the Board.

Article X Institutional Control

- A. Each member school shall bear the responsibility of operating its interscholastic athletics program in compliance with the CIF San Francisco Section and AAA Constitution and Bylaws and all rules promulgated thereunder. Each school's principal is responsible for the administration of all aspects of its athletics program.
- B. Each member school's responsibility for the conduct of its interscholastic athletics program includes responsibility for all actions of its team members, athletic director, athletics staff, school staff, coaches, administrators, teachers and team supporters.
- C. Pursuant to CIF Bylaw 309, "no CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032" (CIF Bylaw 506). Also, no CIF San Francisco Section team shall participate in interscholastic or approved competition unless the CIF team is under supervision as required by California Code of Regulations, Title V.

Article XI Athletic Director

- A. Each member school may appoint or hire an athletic director.
- B. The principal of a member school may delegate the management of the member school's athletic program to the athletic director, who may assume operational control of the member school's athletic program.

Article XII Member Schools' Compliance with CIF San Francisco Section and AAA Rules

The AAA's member schools shall abide by the CIF San Francisco Section and AAA Constitution and Bylaws and any rules promulgated thereunder. A member school's rules shall adhere to the CIF San Francisco Section and AAA's minimal standards or exceed those minimal standards. A member school shall not promulgate any rules which are less stringent than the minimal standards of the CIF or AAA Constitution or Bylaws or any rules promulgated there under.

Article XIII**Amendment of Constitution**

This Constitution, and the Bylaws implemented pursuant to this Constitution, may be amended by a majority vote of the Board of Managers.

PART I

BYLAWS:

CIF SAN FRANCISCO SECTION GENERAL REGULATIONS

SECTION 1 INSTITUTIONAL CONTROL

- A. Each member school shall bear the responsibility of operating its interscholastic athletics program in compliance with the AAA Constitution and Bylaws and all rules promulgated thereunder. Each school's principal is responsible for the administration of all aspects of its athletics program.
- B. Each member school's responsibility for the conduct of its interscholastic athletics program includes responsibility for all actions of its team members, athletic director, athletics staff, coaches, administrators, teachers, spirit squad, and team supporters.

SECTION 2 SUPERVISION OF ATHLETIC ACTIVITIES

- A. A member school's principal is responsible for the administration of all aspects of a school's athletic program. This responsibility includes responsibility for all actions of a school's team members, athletic director, athletics staff, coaches, administrators, teachers, spirit squad, and team supporters. Said principal may set terms and conditions under which students that are eligible to participate may represent that school in interscholastic athletics. Said principal may also limit or bar the participation of team members who either fail to comply or have failed to comply with said terms or conditions. Further, said principal may set terms and conditions that a school's athletic director, athletics staff, school staff, coaches, administrators, teachers, spirit squad, and team supporters must meet in order to represent that school in interscholastic athletics.
- B. A member school is responsible for supervising its team members, athletic director, athletics staff, school staff, coaches, administrators, teachers, spirit squad, and team supporters at all games the school plays regardless of where those games are played.
- C. All visiting teams must be under the supervision of either a teacher or their coach when they arrive at the game site. No visiting team may enter a school unless accompanied by that teacher or coach.
- D. All home and visiting teams and spirit squads shall only compete under the supervision of a coach who meets the certification requirements set out in these Bylaws, Part I, Sections 4 and 5.
- E. It is the responsibility of each SFUSD school to make appropriate arrangements for the transportation of its students to contests played at sites that are not on the school's campus. Such arrangements may include the usage of public transportation. Such arrangements may also include the usage of private transportation provided the transportation complies with SFUSD transportation policies. Further, each member school is responsible for having its teams arrive on time for all scheduled contests.
- F. The Commissioner of Athletics may penalize a member school where the school's athletic director, athletic staff, coaches, administrators, teachers, spirit squad, or team supporters fail to comply with the terms and conditions set by the school's principal. The Commissioner of Athletics may also penalize a member school where the school fails to comply with the provisions of subsections (B) through (E) of this Section. Penalties issued under this Section may include but not be limited to probation, suspension of an athletic director, athletic staff member, school staff member, coach, administrator, teacher, team supporter, spirit squad or spirit squad member, team member or team, forfeiture of one or more of a team's contests in one or more sports, and for a ban from the school's team or teams participating in one or more sports. The Board of Managers may also penalize a member school for violations of this Section.
- G. Penalties pursuant to this Section that are imposed by the Commissioner of Athletics may be appealed to the Board of Managers pursuant to these Bylaws, Part I, Section 34.

SECTION 3 PROHIBITED RECRUITING AND ECONOMIC TRANSACTIONS

- A. A student shall become ineligible for high school competition for accepting material or financial inducement to attend a high school or to participate in athletics at a high school. A student may be deemed ineligible for high school competition for accepting material or financial inducement by any high school where the inducement is based upon the student's athletic ability.
- B. A student shall be subject to penalty, including but not limited to being ruled ineligible, where undue influence is used by any member school's athletic director, athletics staff, school staff, coaches, administrators, teachers, and team supporters to secure or retain the student or to secure or retain the student's parents or legal guardians as members of a school's residential district based upon the student's athletic ability. Undue influence is any act, gesture or communication (including offering or accepting material or financial inducement to attend a member school for the

purpose of engaging in athletic competition regardless of the source) which is performed personally, or through another, which may be objectively seen as an inducement, or part of a process of inducing a student, or his or her parent or guardian, by or on behalf of, a member school, to enroll in, transfer to, or remain in, a particular school for athletic purposes.

- C. There shall be no athletic competition or practice between high schools and middle schools or elementary schools.
- D. Students in middle or elementary schools are not to be offered jobs, lunches, special or private use of equipment, uniforms, or other inducements based upon their athletic ability.
- E. Neither uniforms nor any other equipment belonging to a high school shall be issued to, or used by students of middle or elementary schools in any period prior to the beginning of the term when these students will become members of that senior high school.
- F. Athletic equipment issued by the school to students for the purpose of practicing or playing in a sport, is loaned only and must, in every case, be returned to the athletic department at the end of the season. Uniform attachments or endorsements are prohibited unless authorized by the Commissioner of Athletics.

SECTION 4 GENERAL COACHING REQUIREMENTS

All paid and volunteer coaches must comply with the following general coaching requirements.

- A. All SFUSD member school coaches must be certified pursuant to the requirements of the Education Code, and Title V, California Code of Regulations, Article 5, Sections 5590, et. seq, and have met all requirements of the State Board of Education and the SFUSD. A coach must possess a valid first aid card, a current CPR with AED card, pass a background clearance check, pass a tuberculosis test, successfully complete a concussion training course, successfully complete a sudden cardiac arrest training course, successfully complete a heat illness prevention course, and meet any other safety requirements and human resources requirements specified by the SFUSD, the Board of Managers, or the Commissioner of Athletics. Further, the above requirements must be fulfilled in the manner proscribed by the SFUSD, the Board of Managers, or the Commissioner of Athletics.
NOTE: This bylaw applies to sideline cheer coaches as well as coaches of athletic teams and competitive spirit squads.
- B. All CIF San Francisco Section member school coaches shall pass the certification requirements established by the American Sport Education Program (ASEP) or the NFHS prior to coaching a team. The Commissioner may grant a coach a waiver from this requirement should a school request such a waiver. The Commissioner may issue a form for waiver requests and may set terms and conditions for said waiver. Said waiver shall last no more than one season of sport from the date the coach was hired.
- C. A school's principal at all SFUSD member schools must tell the Commissioner in writing that he/she is extending an offer of employment to any person applying for the position of coach for one of the school's teams. The Commissioner of Athletics shall be responsible for ensuring that any person with an offer to be a school's coach meets the SFUSD's Human Resources requirements. No person may assume the office of coach until the Commissioner certifies that the person has met all SFUSD Human Resource requirements. Consequently, no SFUSD coach may have contact with students in the capacity of coach until the Commissioner certifies that the coach has met all of the requirements set out in this Section.

The certification standards and SFUSD Human Resource requirements set out in this Section shall be applicable to any coach of a SFUSD school's athletic team regardless of whether that coach is paid for his services, and regardless of how long the coach serves or intends to serve as one of a school's coaches of one of a school's athletic teams.
- D. All head coaching and paid coaching assignments at SFUSD member schools must have the approval of the Commissioner of Athletics and the Board of Education. All CIF San Francisco Section member school coaches names (paid or volunteer) must be on file with the Commissioner. Any team whose head coach is an uncertified person, or any team who has a paid coach who receives any part of his/her salary for coaching from other than school funds without the approval of the Commissioner of Athletics or the Board of Managers is ineligible to participate.
- E. All SFUSD member school head coaches, paid coaches, and non-paid assistant/volunteer coaches shall sign a code of ethical conduct that sets out the criteria listed in Title V, California Code of Regulations, Article 5, Section 5596 as well as any additional criteria mandated by the Commissioner of Athletics or the Board of Managers.

- F. Any coach hired for employment in a SFUSD member school other than that in which he/she works full time shall not assume his/her coaching duties until after the completion of his/her regular duties at the school at which he/she works unless said coach receives permission to leave early from the principal of the school at which he or she regularly works.
- G. Outside Personnel – Individuals, groups of individuals and affiliates of non-school based organizations who are not employed as paid or volunteer coaches may be used for demonstration purposes provided they are not used on a regular basis or on regularly recurring intervals during a sports season. To use these individuals and entities who are not employed by schools, a school must receive clearance from either the school principal or the Commissioner of Athletics. The school's paid or head coach shall supervise any activity involving these individuals and entities who are not employed by schools.
- H. All Competitive Cheer coaches must obtain AACCA Spirit Safety Certification.
- I. **Football Coach Education Requirements**
All football coaches must have a current certification in the NFHS's Blocking and Defeating Blocks, Shoulder Tackling & Equipment Fitting Course. A coach's certification in this course shall be considered current for two years from the date of the coach's most recent successful completion of the course.
- J. A person may not be employed at a SFUSD member school as a head coach or a paid coach for two sports that overlap without the approval of the Commissioner of Athletics.

SECTION 5 STATE REQUIREMENTS FOR COACHING CERTIFICATION

All teams and spirit squads must be under the supervision of a certified coach. The CIF San Francisco Section designates such a coach as the head coach. The CIF San Francisco Section also requires certification for any non-head coach, paid or volunteer. In order to be certified, a coach must meet the requirements set out in this Section. A coach must demonstrate knowledge of the following:

- A. First aid and emergency procedures, evidenced by either:
1. a First Aid Card (or a valid sports injury certificate) and a CPR Card as defined in Cal. Admin. Code Title 5, Section 5590 or
 2. completion of a college-level course in the care and prevention of athletic injuries, and possession of a CPR Card, or
 3. a valid trainer's certification issued by the National Athletic Trainers' Association or the California Athletic Trainers' Association; or
 4. a valid Emergency Medical Technician (EMT) I or II card.
- B. Coaching theory and techniques in the sport or games being coached (Paid and Head coaches only), evidenced by either:
1. prior service as a student coach, assistant athletic coach, or head coach, or
 2. prior work in community youth athletic programs in the sport to be coached or
 3. completion of a college level course in coaching theory and techniques, or
 4. prior participation in organized competitive athletics at the high school level or above.
- C. Knowledge of the rules set out in the AAA Bylaws and the rules of the sport the individual seeks to coach.
- D. Adolescent Psychology as it relates to participation in sports (Paid and Head coaches only), evidenced by either:
1. successful completion of a college level course in adolescent psychology, or
 2. completion of a seminar on human growth and development of youth, or
 3. prior active involvement with youth in a school or community sports program.

- E. A basic understanding of the signs and symptoms of concussions, sudden cardiac arrest, and heat illness and the appropriate response to concussions, sudden cardiac arrest, and heat illness recognition and prevention as evidenced by the following standards:
1. A coach must have current certification of successful completion of a concussion training course from one of the authorized concussion education providers set out in subsection (E)(3), a sudden cardiac arrest training course from one of the authorized sudden cardiac arrest education providers set out in subsection (E)(4), and a heat illness recognition and prevention course from one of the authorized heat illness recognition and prevention education providers set out in subsection (E)(5).
 2. A coach's concussion certification shall be considered current for two years from the date of the coach's most recent successful completion of a concussion training course from one of the authorized providers of concussion education set out in subsection (E)(3) or until the expiration date of their First Aid certification. A coach's sudden cardiac arrest certification shall be considered current for two years from the date of the coach's most recent successful completion of a sudden cardiac arrest training course from one of the authorized providers of sudden cardiac arrest education set out in subsection (E)(4) or until the expiration date of their First Aid certification. A coach's heat illness recognition and prevention certification shall be considered current for two years from the date of the coach's most recent successful completion of a sudden cardiac arrest training course from one of the authorized providers of sudden cardiac arrest education set out in subsection (E)(5) or until the expiration date of their First Aid certification.
 3. The following providers of concussion education are authorized:
 - a. The National Federation of High Schools' on-line course.
 - b. Any organization authorized to issue a First Aid Card or a CPR Card as defined in Cal. Admin. Code Title 5, Section 5590.
 - c. Any medical entity that the SFUSD Athletic Office contracts with to provide athletic medical care shall be authorized to provide concussion education to CIF San Francisco Section coaches.
 - d. Any medical entity that a charter school or non-SFUSD high school's chartering agency or governing Board authorizes to provide concussion education to their coaches shall be authorized to provide concussion education to the coaches of the charter school or non-SFUSD high school whose chartering agency or governing Board provided the authorization.
 - e. The Commissioner of Athletics has the discretion to accept concussion education courses from other providers that he/she deems to provide training at a level commensurate with the providers listed in subsections (a) thru (c) above. The Commissioner shall periodically inform the Board of Managers of those providers not listed in subsections (a) thru (c) above that he/she has accepted and denied. A school's principal may appeal the Commissioner's denial of a course under this subsection by filing an appeal in accordance with Part I, Section 34 of these Bylaws.
 4. The following providers of sudden cardiac education are authorized:
 - a. Any course developed by or distributed by The National Federation of High Schools.
 - b. The Protect This Heart: Student Athletes and Cardiac Arrest on-line course (this course may be found at the following on-line locations: <http://www.sportsafetyinternational.org/cardiacwise/>; and <http://www.proprofs.com/training/course/?title=training-for-sca-prevention-act-ca>).
 - c. Any organization authorized to issue a First Aid Card or a CPR Card as defined in Cal. Admin. Code Title 5, Section 5590.
 - d. Any medical entity that the SFUSD Athletic Office contracts with to provide athletic medical care shall be authorized to provide sudden cardiac arrest education to CIF San Francisco Section coaches.
 - e. Any medical entity that a charter school or non-SFUSD high school's chartering agency or governing Board authorizes to provide sudden cardiac training to their coaches shall be authorized to provide sudden cardiac arrest education to the coaches of the charter school or non-SFUSD high school whose chartering agency or governing Board provided the authorization.
 - f. The Commissioner of Athletics has the discretion to accept sudden cardiac arrest education courses from other providers that he/she deems to provide training at a level commensurate with the providers listed in subsections (a) thru (d) above. The Commissioner shall periodically inform the Board of Managers of those providers not listed in subsections (a) thru (d) above that he/she has accepted and denied. A school's principal may appeal the Commissioner's denial of a course under this subsection by filing an appeal in accordance with Part I, Section 34 of these Bylaws.
 5. The following providers of heat illness recognition and prevention education are authorized:
 - a. Any course developed by or distributed by The National Federation of High Schools.

- b. Any organization authorized to issue a First Aid Card or a CPR Card as defined in Cal. Admin. Code Title 5, Section 5590.
 - c. Any medical entity that the SFUSD Athletic Office contracts with to provide athletic medical care shall be authorized to provide heat illness recognition and prevention education to CIF San Francisco Section coaches.
 - d. Any medical entity that a charter school or non-SFUSD high school's chartering agency or governing Board authorizes to provide heat illness recognition and prevention education to their coaches shall be authorized to provide heat illness recognition and prevention education to the coaches of the charter school or non-SFUSD high school whose chartering agency or governing Board provided the authorization.
 - e. The Commissioner of Athletics has the discretion to accept heat illness recognition and prevention education courses from other providers that he/she deems to provide training at a level commensurate with the providers listed in subsections (a) thru (c) above. The Commissioner shall periodically inform the Board of Managers of those providers not listed in subsections (a) thru (c) above that he/she has accepted and denied. A school's principal may appeal the Commissioner's denial of a course under this subsection by filing an appeal in accordance with Part I, Section 34 of these Bylaws.
- F. Competitive Cheer coaches must meet education requirements and safety requirements of CIF State Bylaws 22.B.9 and 1702 (Ca. Education Code 35179-35179.7, 49032 and 45125.01 – 45125.1) requiring schools to ensure that all Traditional Competitive Cheer and Competitive Sport Cheer coaches, paid and unpaid, will have completed a safety education program that emphasizes the following components:
- a. A philosophy of safety awareness.
 - b. Understanding and assessing legal liability in cheerleading.
 - c. Knowledge of cheerleading safety equipment, including apparel and training aids such as spotting belts and mats.
 - d. Spotting techniques for tumbling, partner stunts, and pyramids.
 - e. Skill progressions for tumbling, partner stunts, and pyramids.
 - f. Physical and psychological performer readiness.
 - g. Medical responsibilities, including injury prevention, the development of an emergency plan, and the assessment, treatment and rehabilitation of injuries.

NOTE: The San Francisco Section requires all competitive cheer coaches to obtain AACCA Spirit Safety Certification in order to be a coach.

SECTION 6 INELIGIBLE TEAM DUE TO UNCERTIFIED COACH

Any team whose head coach is an uncertified person or any team whose paid coach receives any part of his or her salary for coaching from other than school funds without the approval of the Commissioner of Athletics or the Board of Managers is ineligible to participate, and shall forfeit any games played while coached by the uncertified person.

NOTE: Penalties issued under this Section can only be appealed on the ground that the team was coached by a person who meets the CIF, CIF San Francisco Section, SFUSD, and Ed. Code coaching requirements.

SECTION 7 SCHEDULE CHANGES DUE TO UNCERTIFIED COACH

A team whose paid or head coach is not certified shall not be allowed to reschedule games unless the Commissioner determines that an emergency exists, the team's need for a rescheduled game can be accommodated without creating an undue burden upon the league, the league Athletic Office, and the CIF San Francisco Section and the school has made reasonable efforts to timely and efficiently obtain a coach and comply with state and SFUSD certification and human resource requirements. The Commissioner's decision shall be unappealable.

SECTION 8 AUTHORITY TO MAKE SCHEDULE CHANGES

- A. No school, coach, athletic director or other school representative shall alter final schedules by rescheduling games without the permission of the Commissioner of Athletics. The Commissioner has sole authority to change final schedules. The Commissioner of Athletics has sole authority to authorize the postponement, for any reason, of any athletic contest and to reschedule any athletic contest whose postponement has been authorized. Should a team or teams play a contest on a date other than the date on a schedule or a date authorized by the Commissioner, the Commissioner shall have discretion to accept the result, reject the result, or issue penalties for the playing of an unauthorized contest. Such penalties may include, but not be limited to, forfeiture of the contest by one or more teams, economic sanctions levied against the school or schools involved in the unauthorized contest, suspension of those individuals who arranged the unauthorized contest.

- B. The Commissioners' penalties issued under this Section of these Bylaws may be appealed by a school's principal to a Level II panel of three judges who shall be either Athletic Directors, principals, or a combination of the two if the appeal is made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs. The Commissioner shall be responsible for setting up the panel, and the time, date, and location of the appeal hearing. The Commissioner shall also notify the affected parties of the hearing procedures. The decision of the Level II panel shall be final and unappealable.

SECTION 9 FINAL AUTHORITY PERTAINING TO PLAYOFFS

The Commissioner of Athletics shall be the final authority on all matters pertaining to playoffs, and shall make decisions on any complications that might arise.

SECTION 10 EAP/AED REQUIREMENTS

- A. A school shall ensure that there is a written emergency action plan in place that describes the location and procedures to be followed in the event of Sudden Cardiac Arrest and other medical emergencies related to the athletic program's activities or events.

(Approved April 2019 Federated Council)

- B. The school shall have at least one automated external defibrillator (AED) for the purpose of rendering emergency care or treatment. The school shall ensure that the AED or AEDs are available to athletic trainers, coaches and authorized personnel at these activities or events.

(Approved April 2019 Federated Council)

SECTION 11 PROHIBITION ON SPONSORSHIPS FROM AND DISTRIBUTION OF MUSCLE BUILDING SUPPLEMENTS

An athletic director, sports coach, school official or employee or booster club/support group member may provide only non-muscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes. A school may only accept a sponsorship or donation from a supplement manufacturer that offer only non-muscle-building nutritional supplements in their product line. Permissible non-muscle-building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.

SECTION 12 RECORDING/REPORTING OF INJURIES

All injuries to students at traditional (non-charter) SFUSD schools who are practicing, playing or trying out for one of a school's athletic teams must be immediately reported in writing by the coach to the athletic director. The athletic director shall record the injury on the form provided by the SFUSD for that purpose. That form shall be kept on file in the office of the school's athletic director or principal.

SECTION 13 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 that 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 or guardian before the athlete's initiating practice or competition.

Q: What is meant by licensed health care provider?

A: 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).

A SFUSD student whose written clearance contains any recommendations, conditions or restrictions shall not be considered cleared for purposes of this bylaw until the SFUSD athletic office has reviewed the student's written clearance. The SFUSD athletic office may require such a student's school to take specific steps to ensure that any recommendations, conditions or restrictions are met.

The Commissioner and the Board of Managers shall have the power to penalize a member school or any of its teams for a single violation or a repeated and ongoing pattern of violations of this bylaw. Penalties may include, but not be limited to, fines, suspensions of individual(s) or teams or spirit squads, economic sanctions, forfeitures of contests, probation, suspension, and any other penalty the Commissioner or Board of Managers deems appropriate. Where the Commissioner issues penalties under this provision, the school subject to the sanction may appeal to the Board of Managers pursuant to Part I, Section 34 of these Bylaws except any appeal involving a school's terms or conditions of participation, a decision to forfeit games, or a decision involving playoff participation must be made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs.

SECTION 14 HEAT ILLNESS PROTOCOL

A student-athlete who exhibits signs of heat illness 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 heat illness 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.

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

A: 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).

SECTION 15 MEDICAL INSURANCE COVERAGE

All participants at traditional (non-charter) SFUSD schools who do not possess their own medical insurance are covered by the SFUSD's coverage for accidents or injuries incurred while participating for an interscholastic athletic team.

- A. SFUSD coverage is excess coverage. SFUSD coverage begins only when an individual's personal insurance coverage has been expended. If the student or his/her family has insurance coverage, all bills are to be submitted to the individual's own carrier.
- B. The student and his/her family shall be responsible for submitting bills and claims to SFUSD's carrier where the student or his/her family does not have his/her own insurance.

SECTION 16 MINIMUM NUMBER OF PARTICIPANTS TO FIELD A TEAM AND NUMBER OF COACHES PROVIDED

- A. A school must meet the minimum number of eligible students set out in this Section in order to field a team. The minimum number of eligible students for each sport is:

Sport	Minimum Number	Sport	Minimum Number
Badminton	7 men, 7 women	Gymnastics	12
Baseball-Frosh/Soph	12	Soccer Boys	15
Baseball-Varsity	12	Soccer Girls	15
Basketball-Frosh/Soph Boys	7	Softball	12
Basketball-Junior Varsity Girls	7	Spirit Squad	5
Basketball-Varsity Boys	7	Swimming	6 men, 6 women
Basketball-Varsity Girls	7	Tennis Boys	10
Cross Country	10	Tennis Girls	10
Fencing	9	Track	12
Flag Football	9	Volleyball-Varsity Boys	10
Football-Frosh/Soph	18	Volleyball-Junior Varsity Girls	10
Football-Varsity	18	Volleyball-Varsity Girls	10
Golf Boys	6	Wrestling	10 in 7 wt. classes
Golf Girls	6		

- B. Where a SFUSD school meets the minimum number of students set out in subsection (A) of this Section, and has had its team's petition for entry granted by the Athletic Office, the Athletic Office will fund the following number of paid coaches, provided that those coaches meet the coaching requirements set out in Part I, Sections 4 and 5 of these Bylaws:

Sport	# of coaches provided
Badminton	1 head coach
Baseball Frosh/Soph	1 head coach
Baseball Varsity	1 head coach and 1 assistant coach

Basketball Boys Frosh/Soph	1 head coach
Basketball Girls Junior Varsity	1 head coach
Basketball Boys Varsity	1 head coach 9 eligible students = 1 head coach and 1 assist. coach
Basketball Girls Varsity	1 head coach 9 eligible students = 1 head coach and 1 assist. coach
Cross Country	1 coach 40 = 1 head coach and 1 assistant coach
Fencing	1 head coach
Flag Football	1 head coach
Football Frosh/Soph	1 head coach and 1 assistant coach
Football Varsity	1 head coach and 1 assistant coach
Golf Boys and Girls	1 head coach
Gymnastics Girls	1 head coach and 1 assistant coach
Soccer Boys	1 head coach and 1 assistant coach
Soccer Girls	1 head coach and 1 assistant coach
Softball Varsity	1 head coach and 1 assistant coach
Softball Frosh/Soph	1 head coach
Spirit Squad	1 head coach
Swimming	1 head coach
Tennis Boys	1 head coach
Tennis Girls	1 head coach
Track	1 head coach. 20 eligible students = 1 head coach and 1 assistant coach. 40 eligible students = 1 head coach and 2 assistant coaches.
Volleyball Girls Junior Varsity	1 head coach
Volleyball Girls Varsity	1 head coach and 1 assistant coach
Volleyball Boys Varsity	1 head coach and 1 assistant coach
Wrestling	1 head coach 14 wrestlers competing in at least 8 weight classes = 1 head coach and 1 assistant coach.

NOTE: The hours of pay and rate of pay for coaches are maintained on file in the Athletic Office. The Commissioner has the discretion to alter the amount of paid coaches and to deviate from the allotted hours for coaches maintained on file in the Athletic Office where he/she determines that there is an economic need to do so.

- C. If a team does not meet the minimum number of eligible students, the team shall be terminated and the coaching pay for SFUSD team coaches shall be adjusted on a pro rata basis.

- D. Where a team participates in a team sport and has fewer than the minimal number of participants set out in this Section, that school’s principal may petition for the team to be allowed to participate where the team has sufficient eligible students to meet the requirements of the National Federation of High School rules (or the rules of any other body which promulgates the national playing rules in the sport for which the petition is being made), but not enough participants to field a team under these Bylaws. Where a school’s principal petitions, the Commissioner may determine whether the team may continue to play, and may set terms and conditions for a team’s continued participation and may determine whether the coach of such team may continue to receive payment or whether the coach will not receive further pay and must serve as a volunteer head coach. The Commissioners’ decision may be appealed by a school’s principal to a Level II panel of three judges who shall be either Athletic Directors, principals, or a combination of the two if the appeal is made within five days of the Commissioner’s decision, and at least three working days prior to the start of the playoffs. The Commissioner shall be responsible for setting up the panel, and the time, date, and location of the appeal hearing. The Commissioner shall also notify the affected parties of the hearing procedures. The decision of the Level II panel shall be final and unappealable. This subsection shall be inapplicable for those sports where these Bylaws set out a sport specific rule that governs the situations set out herein.

- E. Where a school participates in an individual sport and has fewer than the minimum number of participants set out in this Section of these Bylaws, that school’s principal may petition to be allowed to continue to participate. The Commissioner shall determine whether to grant or deny the petition. The Commissioner’s decision shall be unappealable. The Commissioner shall only grant such a petition where: (a) the league can accommodate the school; and (b) the school with fewer than the minimum number of participants either procures the services of a volunteer head coach who meets the standards for a head coach set out in Part I, Sections 4 and 5 of these Bylaws, or enters into an agreement with the

principal of a member school that has sufficient participants to have that school's head coach assume responsibility for the participants of the school that has too few participants.

- F. Where the principal enters into an arrangement under subsection (E) of this Section to have another school's head coach assume responsibility for his or her participants, the other school's head coach shall be classified as a volunteer head coach for the school that has too few participants. The Commissioner shall determine whether and under what circumstances the school with too few participants shall be able to compete in scheduled competitions, whether its individual participants will be allowed to compete in scheduled competitions as attached eligible athletes pursuant to CIF Bylaw 500(D), CIF San Francisco Section Bylaws Part V, Section 0(D), or whether its participants will be allowed to compete in scheduled competition in some other manner. The Commissioner shall also have the authority to set the terms and conditions under which the school with too few participants may qualify participants for post-season competition, including competition in CIF Sectional qualifiers and finals.

SECTION 17 MAXIMUM CONTACTS (CIF State Bylaw 1206)

A. Starting Dates For Practice

Sections shall determine the first day of practice in all sports.

AA. Starting Dates For Practice in the CIF San Francisco Section

The first day of practice for all sports other than football in the CIF San Francisco Section is set out in CIF San Francisco Section Bylaws Part XI, Section 11. The first day of practice for football is set out in CIF San Francisco Section Bylaws Part XII, Section 7.

B. Scrimmages

A scrimmage is defined as:

1. An activity involving teams or individual student-athletes from two or more different schools in a CIF approved sport; And
2. Where no official score is kept; AND
3. Where regulation time is not kept; AND
4. Where substitute rules are set aside; AND
5. Where coaches may stop play for instructional purposes; AND
6. Where no score/results are released to the media.

6.1 Also, in the CIF San Francisco Section, officials may not be paid for working scrimmages.

C. Number of Scrimmages

A maximum of two (2) scrimmages per sport are permissible prior to the first interscholastic contest (league or non-league) of the season except in Football, which is limited to one (1) scrimmage. Scrimmages shall not count in the team or individual maximum number of contacts, unless it is held after the team's first interscholastic contest.

D. Allowable Number of Contacts for Sports Culminating In A Regional Or State Championship

Badminton	24
Basketball	28
Cross Country	14
Football	10
Golf	24
Soccer	28
Swimming	14
Tennis	24
Track & Field	14
Volleyball	28
Water Polo	28
Wrestling	40 (See CIF Bylaw 3201; CIFSFS Bylaws, Part XII, Section 18)

The maximum number of allowable contacts is in effect for teams during the regular season. The maximum number of

allowable contacts does not include Section Foundation or Scholarship Games, League culminating tournaments, Sectional, Regional or State Championships.

Tournaments (In Sports Culminating In A Regional or State Championship)

Basketball	One (1) contact for each game.
Golf	Tournaments count as one (1) contact per day.
Soccer	One (1) contact for each match.
Tennis	One (1) contact for each match.
Volleyball	1 Day Tournament counts as two (2) contacts. 2 Day Tournament counts as three (3) contacts.
Water Polo	One (1) contact for each game.

(Approved January 2018 Federated Council)

DD. Allowable Number of Contacts for Sports That Do Not Culminate In A Regional or State Championship

Baseball- Varsity	15 non-league games + games on the league schedule
Baseball-F/S	15 non-league games + games on the league schedule
Gymnastics	5 non-league meets + competitions on the league schedule
Softball	15 non-league games + games on the league schedule

The maximum number of allowable contacts for CIF San Francisco Section sports that do not culminate in a CIF State regional or State championship is in effect for teams during the regular season. The maximum number of allowable contacts does not include Section Foundation or Scholarship Games, League culminating tournaments, or the CIF San Francisco Section Playoffs and Championships.

EE. The allowable number of contacts for all team sports shall apply both to the team and to individual members of the team. The allowable number of contacts in individual sports (badminton, cross country, golf, gymnastics, swimming, tennis, track & field, and wrestling) shall apply to individual members of the team only.

FF. Tournaments in Sports That Do Not Culminate In A Regional Or State Championship

The following team sports must utilize the tournament guidelines stated below in determining the number of contacts that a tournament will count: Baseball, Gymnastics, and Softball. In those sports, any possible contest in a tournament shall be counted as a contest in determining how many contests a team has scheduled. Accordingly, the following shall apply:

1. A tournament with the possibility of three (3) contests will equal three (3) contests. A tournament with the possibility of four (4) contests will equal four (4) contests, etc.
2. Any additional possible contest in a tournament will count as an additional contest.
3. Where a team is scheduled in a tournament, and does not play in all possible contests in the tournament, the school's Athletic Director may petition to have the Commissioner not count the un-played contest and grant the team an additional contest.

NOTE: The definition of a contest is defined in the appropriate National Federation Rulebook.

NOTE: A Varsity Team in all sports other than football and wrestling may play one game against its own alumni or faculty without it counting against the number of allowable contests.

GG. Penalties

The following penalties may be applied to any school in violation of the maximum number of contests:

1. The Commissioner shall require a school that is not on probation for any previous violation of the maximum number of contests to forfeit its most recently played wins equal to the number of contests in excess of the maximum number allowed in the sport where it exceeded the maximum number of games. Additionally, the Commissioner may: (a) place the violating school on probation for the following three seasons; and (b) reduce the number of contests the violating team may participate in during the season following the violation by twice as many contests as the team exceeded the maximum.
2. Probation shall apply to a school's entire athletic program. While on probation, any school that has a team that violates the maximum number of contests rule shall forfeit its most recently played wins equal to the number of contests in excess of the maximum number allowed in the sport where it exceeded the maximum number of games. Additionally, the Commissioner may impose sanctions that may include, but not be limited to, an additional reduction in the number of contests, monetary fines not to exceed five hundred dollars per school, a cancellation of the team's non-league schedule for a period not to exceed two years, bar the violating

team from playoff participation for the year in which the violation occurs, reduce the number of contests for all sports offered at the school by twice as many contests as the violating team exceeded the maximum number of contests.

SECTION 18 NON-LEAGUE GAME SCHEDULES

Non-league game schedules and scrimmages in all sports must be submitted to the Athletic Office one week prior to the first game or meet. The Commissioner of Athletics may impose sanctions that may include, but not be limited to, a reduction in the number of non-league contests, monetary fines not to exceed two hundred and fifty dollars per team per violation, and a suspension not to exceed three games of the coach of a team that fails to timely file its non-league schedule.

SECTION 19 LIMITATIONS ON PRACTICE AND GAMES

- A. No interschool games or practice sessions of any kind are to be held on Sunday. *(CIF Bylaw 310)* No scheduled league games are to be held at night unless approved by both Principals and the Commissioner.
- B. Schools may not hold practices or play games during the summer. For purposes of this bylaw, the summer is the time from the end of the school year to the opening day of fall practice. Coaches may hold practices and coach games where students from their school are participants where the coach and the students are participating in non-interscholastic club activities.
- C. Schools may not furnish school uniforms and student body owned equipment for summer activities.
- D. The use of SFUSD school facilities must be arranged through District Rental Agreement or the school principal.

SECTION 20 ACCREDITED OFFICIALS REQUIREMENT

- A. All competition hosted by a CIF San Francisco Section member school or sponsored by the AAA Athletic League or any other league established by the CIF San Francisco Section in the sports of baseball, basketball, football, soccer, softball, volleyball and wrestling shall be officiated by persons who have been certified and assigned by officials' associations that have been accredited in the sport being officiated by the CIF State Office.
- B. The CIF San Francisco Section Commissioner shall regularly review all other Section sports. Where the Commissioner finds that one or more of these sports have established a custom of using CIF accredited officials, the Commissioner shall advise the Board of Managers and the Board of Managers shall determine whether to require CIF accredited officials for contests in the sport or sports that has established the custom.
- C. The Commissioner may waive the above requirements and authorize a school, the AAA Athletic League, or any other league established by the Section to use officials who are not assigned by an accredited association where exigent circumstances exist. In such circumstances, the Commissioner shall determine the requirements that the officials must meet.

SECTION 21 OFFICIAL BALLS

The CIF San Francisco Section Commissioner shall have the authority to specify the brand of ball that shall be used in Section playoffs in those sports that utilize balls. The Commissioner shall also have the authority to specify the brand of other sports related implements. Where the Commissioner does not specify the brand of ball or other sports related implements, teams and participants may use any ball or sports related implement that is legal under the governing rules of their sport.

SECTION 22 COMPLIANCE WITH SFUSD VOLUNTEER DRIVER AND CHARTERED BUS REGULATIONS

SFUSD schools shall comply with SFUSD regulations where they transport athletes to athletic contests. These regulations include compliance with SFUSD volunteer driver regulations where a driver volunteers to transport students, and compliance with SFUSD regulations governing riding on chartered buses where the District provides a chartered bus. Where a student is not traveling with a volunteer driver, and the District has not provided a chartered bus, the District does not mandate or regulate the means by which the student travels to an interscholastic athletic contest.

SECTION 23 OVERNIGHT TRIPS

SFUSD schools shall adhere to the SFUSD Overnight Transportation Policy when taking overnight trips to athletic contests.

SECTION 24 AWARDS

Sport	Team Medals			Individual Medals		
	Gold	Silver	Bronze	Gold	Silver	Bronze
Badminton (Varsity)	22	22		8	8	8
Baseball (Varsity)	20	20				
Baseball (Frosh/Soph)	15	15				
Basketball (Boys Varsity)	15	15				
Basketball (Girls Varsity)	15	15				
Basketball (Boys Frosh/Soph)	15	15				
Basketball (Girls Junior Varsity)	15	15				
Cross Country (Girls Varsity)	7	7	7	1	1	1
Cross Country (Boys Varsity)	7	7	7	1	1	1
Cross Country (Girls Frosh/Soph)	7	7	7	1	1	1
Cross Country (Boys Frosh/Soph)	7	7	7	1	1	1
Fencing (Boys Varsity)	4	4		1	1	1
Fencing (Girls Varsity)	4	4		1	1	1
Flag Football (Girls Varsity)	20	20				
Football (Varsity)	40	40				
Football (Frosh/Soph)	40	40				
Golf (Boys Varsity)	9	9		1	1	1
Golf (Girls Varsity)	9	9		1	1	1
Soccer (Boys Varsity)	20	20				
Soccer (Girls Varsity)	20	20				
Softball (Varsity)	20	20				
Spirit Squad/Cheer (Varsity)	60	60				
Swimming (Junior Varsity)				32	32	32
Swimming (Varsity)				40	40	40
Tennis (Boys Varsity)	13	13		5	5	5
Tennis (Girls Varsity)	13	13		5	5	5
Track & Field (Frosh/Soph)				44	44	44
Track & Field (Varsity)				44	44	44
Volleyball (Girls Junior Varsity)	15	15				
Volleyball (Girls Varsity)	15	15				
Volleyball (Boys Varsity)	15	15				
Wrestling (Varsity)				14	14	14

SECTION 25 ATHLETIC AWARD LIMITS

The CIF San Francisco Section adheres to the participation, coaches, student, and athletic program award regulations set out in CIF Bylaws 800–805.

SECTION 26 VIOLATION OF ANY RULE MAY RESULT IN SANCTIONS FOR A SCHOOL

The Commissioner and the Board of Managers shall have the power to penalize a member school or any of its teams for a single violation or a repeated and ongoing pattern of rules violations. Penalties may include, but not be limited to, fines, suspensions of individual(s) or teams or spirit squads, economic sanctions, forfeitures of contests, probation, suspension, and any other penalty the Commissioner deems appropriate. Where the Commissioner issues penalties under this provision, the school subject to the sanction may appeal to the Board of Managers pursuant to these Bylaws Part I, Section 34 except any appeal involving a school's terms or conditions or participation, a decision to forfeit games, or a decision involving playoff participation must be made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs.

- A. Probation: A school or a team that is placed on probation shall be subject to penalties up to and including suspension from the AAA should said school or team either commit further rules violations or fail to develop and submit to the Commissioner and the Board of Managers a plan to prevent further violations. The Commissioner or the Board of Managers shall designate a term of probation for any school or team placed on probation. The probationary period shall

not exceed that designated term.

- B. Suspension: A school or team may be suspended from league play, a portion of league play and/or from the playoffs. The suspension may be for either a definite or an indefinite term. Where the suspension is for an indefinite term, the suspended school or team may be granted relief from its suspension by petitioning the Board of Managers.
- C. Where a school or a member of its athletic staff has information which leads it to question the eligibility of a player from another school, it may notify the CIF San Francisco Section Office or complete the Eligibility Inquiry Form (See enclosures, pg. 195) following the steps below:
 1. Report the information to his/her Athletic Director who shall contact the Athletic Director of the school in question regarding the alleged eligibility violation.
 2. If the inquiry is not resolved, the Athletic Director shall report this to the Principal with the Eligibility Inquiry Form and supporting documentation.
 3. The Principal shall communicate the matter with the Principal of the other school.
 4. In the event that an apparent rule violation has occurred the Eligibility Inquiry Form shall be completed and signed by the principal and delivered to the Commissioner for final resolution.

SECTION 27 PLAN FOR PLAYOFFS IN THOSE SPORTS FOR WHICH PLAYOFFS ARE PROVIDED

- A. Team playoffs are not provided in the following sports: Cross Country, Fencing, Swimming, Track, and Wrestling. Scoring in individual events of the All City competition determines the team champion.
- B. In Frosh/Soph Football, there is no playoff. The round robin winner is the champion.
- C. The following sports have single divisions with a 4 team playoff wherein the first place team in league play plays the fourth place team, and the second place team in league play plays the third place team, with the winners of the two games playing for the championship, and no if-necessary game provided for: Frosh/Soph Baseball, Boys' Frosh/Soph Basketball, Girls' Junior Varsity Basketball, Girls' Varsity Flag Football, Varsity Football, Golf, Tennis, Girls' Junior Varsity Volleyball, and Boys' Volleyball.
- D. The Softball divisional structure and playoff pairings are set out in Part XII, Section 12 of these Bylaws.
- E. The Soccer divisional structure and playoff pairings are set out in Part XII, Section 11 of these Bylaws.
- F. The Badminton divisional structure and playoff pairings are set out in Part XII, Section 1 of these Bylaws.
- G. The Varsity Baseball divisional structure and playoff pairings are set out in Part XII, Section 2 of these Bylaws.
- H. The Varsity Basketball divisional structure and playoff pairings are set out in Part XII, Section 3 of these Bylaws.
- I. The playing site of all playoff contests shall be either at the facility of the higher seeded team or at a neutral site, as determined by the Commissioner of Athletics. In any sport wherein the rules accord a playing advantage to the home team, the higher seeded team shall be the home team except in the playing of an if-necessary contest, wherein the home team shall be determined by a coin flip. For strictly game management purposes, a team shall be the home team whenever it is playing at its facility. Otherwise, the home team shall be designated by the Commissioner of Athletics.
- J. Any changes in the playoff regulations for any sport may be made by the Commissioner of Athletics at his or her discretion provided such action is approved by the Board of Managers.

SECTION 28 REGULATIONS GOVERNING TIES OF ROUND-ROBIN LADDERS AND SEMI-FINAL PLAYOFF GAMES

- A. This sequence of steps shall be the determining factors for breaking ties. Points for games during the regular season shall be awarded as follows: Two points for a win and one point for a tie.
- B. These rules shall be applicable in step sequence in the event more than one position in the playoffs is to be considered for every sport except soccer, which is governed by the tiebreaker regulations of Part XI, Section 11(K) of these Bylaws:

1. Regular season winner in the event two or more teams are tied for a position: if in this method of determining a position or positions, a team or teams have defeated the remaining team or teams after the first team or teams have been awarded a position, they shall be granted the next position, etc.
2. The record of the tied teams against one another shall be considered if three or more teams are tied for a position or positions: If in this method of determining a position or positions, a team or teams have defeated the remaining team or teams have been awarded a position, they shall be granted the next position, etc.
3. The record of the tied teams against the teams above them on the ladder shall be considered: If in this method of determining a position or positions, a team or teams have defeated the remaining team or teams after the first team or teams have been awarded a position, they shall be granted the next position, etc.

The regular season record shall prevail if in considering this record two of the teams have earned an identical number of points from the team above them on the ladder.

4. The record of the tied teams against the team immediately below them on the ladder shall be considered: If in this method of determining a position or positions, a team or teams have defeated the remaining team or teams after the first team or teams have been awarded a position, they shall be granted the next position, etc.
5. The record of the tied teams against the team next immediately below them shall be considered if all teams have defeated the team immediately below them on the ladder. If in this method of determining a position or positions, a team or teams have defeated the remaining team or teams after the first team or teams have been awarded a position, they shall be granted the next position, etc.

The regular season winner method shall prevail if in considering this record two of the teams have earned an identical number of points from the team immediately below them on the ladder.

6. Rules 4 and 5 shall be applicable until all teams below them on the ladder have been exhausted: If in this method of determining a position or positions, a team or teams have defeated the remaining team or teams after the first team or teams have been awarded a position, they shall be granted the next position, etc.
7. Rules 3, 4, and 5 shall be applied if two teams are tied for a position and their regular season game ends in a tie.
8. In the event the above regulations still do not decide the berth or berths, a selection by lot shall determine the position or positions, except as follows:
 - a. Two teams are tied to play each other - lots are to be drawn to determine home field or court except in the sport of football where a drawing shall be held to determine which team shall win the tiebreak.
 - b. Three teams tied for 3rd place - lots are drawn for third place and the remaining teams to play for fourth place at the regular season winner's home field or court except in the sport of football where a drawing shall be held to determine third place and the seeding of the remaining teams shall be determined by the above regulations.
 - c. Four teams tied for third place - lots are to be drawn for opponents, regular season winner's home field or court. Lots are to be drawn between winners to determine third and fourth place. Lots are to be drawn by losers to determine fifth and sixth places. However, in the sport of football where four teams are tied for second, third, or fourth place a drawing shall be held to determine the highest seed, and the seeding of the remaining teams shall be determined by the above regulations.
 - d. Five or more teams tied for second place - draw lots with the winner declared as second: the other four teams to play each other with the winners drawing lots for third and fourth places, and the loser drawing lots for fifth and sixth places. However, in the sport of football where five or more teams are tied for first, second, third, or fourth place, a drawing shall be held to determine the highest seed, and the seeding of the remaining teams shall be determined by the above regulations.
 - e. In the event two or more teams are tied for fourth place, with identical records, and if these teams split during their regular season league games, an extra playoff game(s) will be played. The teams' point differential in their games against each other will be used to seed the teams in their extra playoff game(s). However, in the sport of football, where two teams are tied for fourth place with identical records and the above regulations do not break their tie, a drawing shall be held unless the Commissioner determines that there is sufficient time to play an extra playoff game without altering the date of the Championship. Also, a drawing to break a tie may be used in any sport where the Commissioner determines that there is insufficient time to play the extra playoff game(s).
 - f. In the sport of football, the Commissioner shall have the power to set aside subsection (B)(8) of this Section and hold an extra tiebreak game where the Commissioner determines that there is sufficient

- time to play such a game without altering the date of the Championship.
- g. In the sport of volleyball, where 3 or more teams are tied for a playoff spot and the teams have identical records in their games against each other and against all teams in the league, the team with the best games won/games lost differential in the matches between the tied teams shall be the winner of the tiebreak. After that team is placed, the team with the best head to head record in matches between the remaining teams shall be placed. If the remaining teams still have identical records in their head to head competitions, then the tie shall be broken in accordance with the tiebreaker regulations set out herein.

SECTION 29 REGULATIONS GOVERNING TIES FOR POSITIONS ON ROUND-ROBIN LADDERS IN WHICH ALL TEAMS HAVE NOT MET ONE ANOTHER DURING THE REGULAR SEASON

- A. If two teams are tied for a position, Part I, Section 28(B) of these Bylaws shall be applicable (except that 3, 4, and 5 shall read: The record of the tied teams against the teams above them on the ladder whom both have met shall be considered, and the record of the tied teams against the team immediately below them on the ladder whom both have met shall be considered).
- B. If three or more teams, who met during the regular season, are tied for a position or positions, then Part I, Section 28 of these Bylaws shall be applicable.
- C. If three or more teams are tied for a position or positions, and if one of those teams defeated and/or tied (by score) the others, they shall be awarded the position; and further, if another team has defeated the remaining team or teams after the first has been awarded a position, it shall be granted the next position, and, further, if...etc.
- D. If three or more teams are tied for more than one position of the ladder and if one of those teams defeated and/or tied (by score) all others, they shall be granted a position, and if Part I, Section 29(C) of these Bylaws is not applicable for the next position, if two teams are involved, then Part I, Section 29(A) of these Bylaws shall be applicable. If two positions are open on the ladder, then both shall be granted a position and Part I, Section 28(A) of these Bylaws shall be used to determine placement on the ladder.
- E. If three or more teams are tied for a position and if two of those teams have tied on another day (by score), and if each has defeated all other teams for that position, then Part I, Section 28(A) of these Bylaws shall be applicable. If two positions are open on the ladder, then both shall be granted a position and Part I, Section 28(A) of these Bylaws shall be used to determine placement on the ladder.
- F. If three teams that did not meet one another during the regular season are tied for a position, and if Part I, Section 28(B)(3) of these Bylaws is not applicable, and if two of these teams have defeated the third member, then the tie-breaking sequence for the victorious team shall begin with Part I, Section 29(C) of these Bylaws with the exception noted in Part I, Section 29(B) of these Bylaws. (The defeated team shall be eliminated from contention). If two positions are open on the ladder, the two victorious teams shall be granted the positions, and Part I, Section 28(B)(1) of these Bylaws shall be used to determine placement on the ladder.
- G. If three teams that did not meet one another during the regular season are tied for opposition, and if one of those teams defeated a member, and if the other tied the same member, then the team which defeated the third member shall be granted a position and, further, if two positions are open then the team which tied the third member shall be awarded the next position.
- H. If three teams that did not meet one another during the regular season are tied for a position, and if one of those teams defeated a member, and if the other tied the same member, then the team which defeated the third member shall be granted a position and, further, if two positions are open then the team which tied the third member shall be awarded the next position.
- I. If three teams that did not meet one another during the regular season are tied for a position, and if Team B tied (by score) Team A, and if Team B tied (by score) Team C, then Team B shall be awarded the position and, further, if two positions are open, the remaining position shall be determined by subsection (A) of this Section.
- J. If more than three teams that did not meet one another during the regular season are tied for a position, and, if the preceding rules of this section are not applicable, then the team who earned the greatest number of points (2) for a win, (1) for a tie among the tied teams shall be granted the position, and, further, if more than one position is involved, the team earning the next greatest number of points shall be granted the next position and, further....etc.

- K. In the event the preceding regulations do not decide the playoff berth or berths, a selection by lot shall determine the position or positions.

SECTION 30 METHOD FOR DECIDING THE CHAMPIONSHIP

Championships are decided for each sport in accord with each sport's playoff procedures. Champions are determined as follows:

- A. If there are no playoffs, the league winner is the champion.
- B. If the playoff final is designated as a championship game, the winner is the champion.
- C. If the playoffs call for an if-necessary game
1. If the regular season winner wins the playoff final, it is the champion.
 2. If the regular season league winner loses the playoff final, the if-necessary game shall be played, and the winner of the if-necessary game is the champion.

SECTION 31 DECIDING CHAMPIONS BY SPORT

- A. The method of scoring for soccer or any sport in which the rules provide that the game or contest may end in a tie, shall be by points as indicated below:

Game:	Won	Tie	Lost
Points	3	1	0

- B. The method of scoring for baseball, basketball, and other Round-Robin Leagues not included in (subsection (A) of this Section) shall be by percentage, as follows:

Team	Won	Lost	Pct.
A	6	0	1000
B	5	1	833

The team with the highest number of points (subsection (A) of this Section) or the highest percentage (subsection (B) of this Section) at the end of the tournament shall be declared champion of the AAA except where playoff games for the championship have been provided for.

- C. When two or more teams are tied for first place, they shall be co-champions and no playoff is required to break the tie unless playoffs for the championship are normally provided for. If all teams in first place enter the playoffs, the AAA will recognize the winner of such playoff as champion.
- D. Points for places in the AAA Track meet shall be as follows:
- | | | | |
|-----------|-----------|-----------|----------|
| 1st place | 10 points | 4th place | 4 points |
| 2nd place | 8 points | 5th place | 2 points |
| 3rd place | 6 points | 6th place | 1 point |
- E. Points for places in the AAA Swimming meet shall follow the official National Federation Rule Book.
- F. Points for the AAA Wrestling meet shall follow the National Federation Rule Book.
- G. In those sports where the CIF San Francisco Section does not recognize a champion until the completion of the playoffs, the San Francisco Section will recognize the regular season winner as a league champion solely for the purposes of issuing playoff points to Sections that issue playoff points or other benefits to schools that played or beat a league champion during their regular season. Where the Section has power and non-power divisions, this recognition shall only be bestowed upon the winner of the power division.

SECTION 32 PREPARATION OF SPORT SCHEDULES

- A. All round-robin schedules, in which each team plays every other team in the league, are made in the following manner:

1. Arrange a set of numbers, one for each team in competition, in the order shown below for 10 teams. If only 9 teams are entered, a bye is given as indicated by the letter "b."

1 vs 2
3 vs 4
5 vs 6
7 vs 8

2. This arrangement shows one group of games, or one week's play. For each new group or games, rotate the numbers counter-clockwise except No. 1 which is constant throughout. Each group is then assigned to a definite week in the schedule according to the following table:

9 TEAMS 10 TEAMS		7 TEAMS 8 TEAMS		5 TEAMS 6 TEAMS	
<u>Group Drawn</u>	<u>Week of Schedule</u>	<u>Group Drawn</u>	<u>Week of Schedule</u>	<u>Group Drawn</u>	<u>Week Of Schedule</u>
1st	9	1st	7	1st	5
2nd	1	2nd	1	2nd	1
3rd	5	3rd	4	3rd	2
4th	2	4th	2	4th	3
5th	7	5th	6	5th	4
6th	4	6th	5		
7th	8	7th	3		
8th	6				
9th	3				

The position of each group of games in a schedule for 5, 6, 7, 8, 9, 10, 11, and 12 teams are shown on the following pages. Also shown is a 9 team Triangular Schedule.

5 TEAMS

<u>1st Wk</u>	<u>2nd Wk</u>	<u>3rd Wk</u>	<u>4th Wk</u>	<u>5th Wk</u>
1-4	1-3	5-1	4-5	2-1
3-5	5-2	4-2	2-3	3-4
2-b	4-b	3-b	1-b	5-b

6 TEAMS

<u>1st Wk</u>	<u>2nd Wk</u>	<u>3rd Wk</u>	<u>4th Wk</u>	<u>5th Wk</u>
1-4	1-3	5-1	1-6	2-1
2-6	5-2	4-2	2-3	3-4
3-5	6-4	6-3	4-5	5-6

7 TEAMS

<u>1st Wk</u>	<u>2nd Wk</u>	<u>3rd Wk</u>	<u>4th Wk</u>	<u>5th Wk</u>	<u>6th Wk</u>	<u>7th Wk</u>
4-1	6-7	3-1	1-6	1-5	7-1	1-2
2-6	4-5	5-2	2-7	7-3	6-3	3-4
5-7	2-3	7-4	3-5	6-4	4-2	5-6
3-b	1-b	6-b	4-b	2-b	5-b	7-b

8 TEAMS

<u>1st</u> <u>Wk</u>	<u>2nd</u> <u>Wk</u>	<u>3rd</u> <u>Wk</u>	<u>4th</u> <u>Wk</u>	<u>5th</u> <u>Wk</u>	<u>6th</u> <u>Wk</u>	<u>7th</u> <u>Wk</u>
4-1	1-8	3-1	1-6	1-5	7-1	1-2
2-6	6-7	5-2	4-8	7-3	8-5	3-4
3-8	4-5	7-4	2-7	8-2	6-3	5-6
5-7	2-3	8-6	3-5	6-4	4-2	7-8

9 TEAMS

<u>1st</u> <u>Wk</u>	<u>2nd</u> <u>Wk</u>	<u>3rd</u> <u>Wk</u>	<u>4th</u> <u>Wk</u>	<u>5th</u> <u>Wk</u>	<u>6th</u> <u>Wk</u>	<u>7th</u> <u>Wk</u>	<u>8th</u> <u>Wk</u>	<u>9th</u> <u>Wk</u>
1-4	1-8	1-3	9-1	6-1	5-1	8-9	1-7	2-1
2-6	4-9	5-2	8-5	4-8	7-3	6-7	9-5	3-4
3-8	2-7	7-4	6-3	3-9	9-2	4-5	8-2	5-6
7-9	3-5	9-6	4-2	5-7	8-6	2-3	6-4	7-8
5-b	6-b	8-b	7-b	2-b	4-b	1-b	3-b	9-b

10 TEAMS

<u>1st</u> <u>Wk</u>	<u>2nd</u> <u>Wk</u>	<u>3rd</u> <u>Wk</u>	<u>4th</u> <u>Wk</u>	<u>5th</u> <u>Wk</u>	<u>6th</u> <u>Wk</u>	<u>7th</u> <u>Wk</u>	<u>8th</u> <u>Wk</u>	<u>9th</u> <u>Wk</u>
1-4	1-8	1-3	9-1	6-1	5-1	1-10	1-7	2-1
2-6	6-10	5-2	10-7	4-8	7-3	8-9	9-5	3-4
3-8	4-9	7-4	8-5	2-10	9-2	6-7	10-3	5-6
5-10	2-7	9-6	6-3	3-9	10-4	4-5	8-2	7-8
7-9	3-5	10-8	4-2	5-7	8-6	2-3	6-4	9-10

11 TEAMS

<u>1st</u> <u>Wk</u>	<u>2nd</u> <u>Wk</u>	<u>3rd</u> <u>Wk</u>	<u>4th</u> <u>Wk</u>	<u>5th</u> <u>Wk</u>	<u>6th</u> <u>Wk</u>	<u>7th</u> <u>Wk</u>	<u>8th</u> <u>Wk</u>	<u>9th</u> <u>Wk</u>	<u>10th</u> <u>Wk</u>	<u>11th</u> <u>Wk</u>
1-6	1-10	11-1	7-1	1-5	4-1	8-1	10-11	1-9	3-1	1-2
4-8	6-11	10-7	9-5	7-3	2-6	6-10	8-9	11-7	5-2	3-4
2-10	4-9	8-5	11-3	9-2	3-8	2-11	6-7	10-3	7-4	5-6
5-11	2-7	6-3	10-4	11-4	5-10	3-9	4-5	8-2	9-6	7-8
7-9	3-5	4-2	8-6	10-8	9-11	5-7	2-3	6-4	11-8	9-10
3-b	8-b	9-b	2-b	6-b	7-b	4-b	1-b	5-b	10-b	11-b

12 TEAMS

<u>1st</u> <u>Wk</u>	<u>2nd</u> <u>Wk</u>	<u>3rd</u> <u>Wk</u>	<u>4th</u> <u>Wk</u>	<u>5th</u> <u>Wk</u>	<u>6th</u> <u>Wk</u>	<u>7th</u> <u>Wk</u>	<u>8th</u> <u>Wk</u>	<u>9th</u> <u>Wk</u>	<u>10th</u> <u>Wk</u>	<u>11th</u> <u>Wk</u>
1-6	1-10	11-1	7-1	1-5	4-1	8-1	1-12	1-9	3-1	1-2
4-8	8-12	12-9	9-5	7-3	2-6	6-10	10-11	11-7	5-2	3-4
2-10	6-11	10-7	11-3	9-2	3-8	4-12	8-9	12-5	7-4	5-6
3-12	4-9	8-5	12-2	11-4	5-10	2-11	6-7	10-3	9-6	7-8
5-11	2-7	6-3	10-4	12-6	7-12	3-9	4-5	8-2	11-8	9-10
7-9	3-5	4-2	8-6	10-8	9-11	5-7	2-3	6-4	12-10	11-12

TRIANGULAR

1st Week	2nd Week	3rd Week	4th Week
1-4-7	8-1-6	5-9-1	1-2-3
2-5-8	9-2-4	4-8-3	4-5-6
3-6-9	7-3-5	6-7-2	7-8-9

All games must be played with the group drawn, but the order of the games within the group is not fixed.
Sports: Badminton, Baseball, Basketball, Fencing, Flag Football, Football, Golf, Soccer, Softball, Tennis, Volleyball.

- B. Each team's place in the schedule is determined by the position in which the team finished in the previous season in the Round Robin schedule in a given sport. Should a tie occur in the final standings a team which has won over the other shall be placed ahead in the schedule for the purpose of this draw, or it may be decided by lot. Teams not in competition the previous season shall be last. (Double Round Robin: Second half determines position on ladder in case of a tie.)
- C. When the AAA Athletic League recognizes two champions, round-robin and playoff, the schedule of the next year shall be determined by the position in which the team finished the round-robin.
- D. The Commissioner of Athletics has authority to deviate from subsections (A), (B), and (C) of this Section where he or she deems it necessary. The Commissioner of Athletics may also utilize the standings from two seasons ago to draw schedules where he or she deems it in the best interest of the sport.

SECTION 33 COMMISSIONER'S POWERS

The CIF San Francisco Section Commissioner has full authority to enforce any provision of the San Francisco Section Bylaws and issue penalties for violations thereof. The Commissioner also is charged with making the initial determination on all matters in these Bylaws.

SECTION 34 APPEALS

- A. The process for appeals of a Section Commissioner's decisions on transfer eligibility is set out in Part X of these Bylaws, and in the "Policy for Appeal of Commissioner's Decision on Student Residential Transfer Eligibility" included in the Policy Book of the State CIF and included in the appendix to the State CIF Constitution and Bylaws and the CIF San Francisco Section Bylaws.
- B. Penalties issued by the Commissioner pursuant to Part I of these Bylaws may be appealed to the Board of Managers in accordance with Part I, Section 34(C) of these Bylaws except where otherwise specified in Part I of these Bylaws or where Part I specifies that the penalty is not appealable. Penalties issued pursuant to Part IV of these Bylaws may be appealed pursuant to Part IV, Section 3(E) of these Bylaws.
- C. A school's principal may appeal a penalty issued by the Commissioner under Part I of these Bylaws except where an appeal is barred under a specific Section of Part I of these Bylaws. The principal may appeal on behalf of the school, its coaches, athletic directors, students, and individuals or groups of individuals who are agents of the school. A parent or guardian may also appeal the Commissioner's decision to impose a penalty against their son or daughter. No other individuals or groups of individuals may appeal. To appeal, the appealing party must give the Commissioner of Athletics written notice of appeal within 30 business days of receipt of the Commissioner's oral or written decision. The Commissioner shall set up an appeals hearing in accordance with these Bylaws Part I, Section 35.
- D. A school's principal may appeal the Commissioner's decision regarding waiver of the age requirement (State CIF Bylaw 203, CIF San Francisco Section Bylaws Part II, Section 13); waiver of a charge of a semester of attendance (State CIF Bylaw 204.D, CIF San Francisco Section Bylaws Part II, Section 14(D)); and waiver of the requirement to be passing 20 semester credits of work (State CIF Bylaw 205.E., CIF San Francisco Section Bylaws Part II, Section 15(E)). A parent or guardian may also appeal the Commissioner's decisions on the aforementioned waivers. No other individuals or groups of individuals may appeal. Principals, parents and guardians may only appeal a decision where the decision is a discretionary decision made by the Commissioner as opposed to the Commissioner merely enforcing a rule that provides for no discretion. To appeal, the appealing party must give the Commissioner of Athletics written notice of appeal within 30 business days of receipt of the Commissioner's oral or written decision. The Commissioner shall set up an appeals hearing in accordance with these Bylaws Part I, Section 35. In an appeal of any decision that includes not only a transfer request but also a request for waiver of the age requirement, charge of a semester, and/or passing 20 semester credits of work, the transfer request issue will be held in abeyance by the State CIF until all other issues are determined in accordance with Section appeal policies and procedures to a final determination. The procedural requirements for

determination of the transfer request under the State CIF's "Policy for Appeal of Commissioner's Decision on Student Residential Transfer Eligibility" will be tolled until the final determination of other issues is made by the Section.

- E. A school's principal may appeal the Commissioners' decisions issued under provisions of these Bylaws not addressed in subsections (A-D) of this Section where those decisions are discretionary decisions made by the Commissioner as opposed to the Commissioner merely enforcing a rule that provides for no discretion (one such example of a non-discretionary rule would be the 2.0 GPA requirement). A parent or guardian may also appeal the Commissioner's decision to impose a penalty against their son or daughter under the provisions of these Bylaws not addressed in subsections (A-D) of this Section where the decision is a discretionary decision made by the Commissioner as opposed to the Commissioner merely enforcing a rule that provides for no discretion. To appeal, the appealing party must give the Commissioner of Athletics written notice of appeal within 30 business days of receipt of the Commissioner's oral or written decision. The Commissioner shall set up an appeals hearing in accordance with these Bylaws Part I, Section 35. However, any appeal involving a forfeited game or games or the Commissioner's decision on league placement, and matters affecting playoffs must be made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs.

SECTION 35 APPEAL HEARING PROCEDURES

- A. The Appeals Committee shall be responsible for conducting the hearing, recording the findings, evaluating the evidence, and reaching a decision based on the findings. The Commissioner or his or her representative shall be present to present the issues in the case if asked by the panel, and provide any rules interpretation requested by the panel – however, the Commissioner shall not interpret any evidence or take any acts to influence the panel.
- B. The Appeals Committee shall select one of its members or the Commissioner to record findings, publish its decision, and transmit it to the principal of the school that is appealing.
- C. The Appeals Committee shall be charged with reviewing the evidence that was the basis of the decision being appealed. The Appeals Committee may consider new evidence or may order the case resubmitted to the Commissioner for a decision based on any new evidence submitted.
- D. The Appeals Committee is not restricted to judicially admissible evidence; it may consider hearsay evidence should it so desire. However, decisions of the Appeals Committee must be based on some evidence other than hearsay evidence.
- E. The hearing shall begin with an introduction of parties, hearing officers, and the Commissioner. The parties may present witnesses, and may introduce them during introductions.
- F. All persons who will testify will take an oath. This oath may be given to the collective witnesses after the introductions. Persons who choose not to swear to an oath may simply affirm that they will tell the truth.
- G. The Commissioner or his or her representative shall present the decision being appealed from. The party who is appealing shall then have an opportunity to make his or her opening statement. The party who is appealing may then call his or her witnesses, present documents, and introduce other evidence on his or her behalf. The Commissioner, any parties opposed to the appellant, and the Committee may ask questions of each witness or questions about each document or other evidence introduced. The party who is appealing shall then have an opportunity to make a closing statement after all questions have been asked about the evidence. The Committee may ask further questions for the purposes of clarification, and then the hearing shall be adjourned.

SECTION 36 LEVEL TWO EXPEDITED HEARING

The Commissioner and the appealing school may agree to waive the provisions of Part I, Section 34(D) of these Bylaws, and provide for an expedited level two appeal. Such an appeal shall be a non-testimonial appeal before a panel that reviews the written record of the case. A level two appeal shall be heard within 7 working days of the Commissioner and the appealing school's agreement to hold such an appeal. The reviewing panel shall be a three person panel. Athletic Directors, principals and the Commissioner may all serve as level two panelists. The Commissioner shall appoint the panel for each case. The panel shall tender its decision within two working days of its review of the written record of the case. Should the panel rule against the appealing school, the appealing school shall be entitled to an appeal before the Appeals Committee of the Board of Managers pursuant to the provisions of Part I, Section 36 of these Bylaws.

SECTION 37 PRINCIPAL'S UNUSUAL OR EXTENUATING CIRCUMSTANCES APPEAL

A school's principal may ask the Commissioner of Athletics to review individual cases which in his or her judgment warrant special consideration due to most unusual or extenuating circumstances, but are either not provided for under these Bylaws or are not appealable under these Bylaws.

PART II

BYLAWS:

ELIGIBILITY RULES

SECTION 1 PRINCIPAL'S RESPONSIBILITY

The Principal of each school shall be held responsible for the eligibility of his/her team under the rules, and shall certify to each member of his/her team in an eligibility list classified by each sport. Eligibility lists for each sport are to be exchanged between all schools with the original list on file in the Athletic Office. No student is eligible until his/her name appears on an eligibility list and is on file in the Athletic Office.

The principal shall be held responsible for the identity of all athletes by verifying birth dates using all available records; this includes the student's cumulative record, transcript record from the previous school, attendance office records, and any other sources available for verification.

SECTION 2 MANDATORY PRE-PARTICIPATION PHYSICAL EXAM

No student will be permitted to practice, play or try out for a team without clearance from a physician certifying that the student is physically fit to participate in athletics. For students at traditional (non-charter) SFUSD schools, this physician's clearance shall be submitted on the SFUSD's required pre-participation medical form. The completed medical form shall be kept on file in the office of the school's athletic director or principal. A completed pre-participation physical exam shall be valid for one year from the date of the exam.

A SFUSD student who is cleared with recommendations for further evaluation or treatment, or whose participation is subject to any conditions or restrictions shall not be considered cleared for purposes of this bylaw until the SFUSD athletic office has reviewed the student's pre-participation medical form and certified that the student is cleared for participation. The SFUSD athletic office may require such a student's school to take specific steps to ensure that any recommendations, conditions or restrictions are met.

A student shall be excused from this pre-participation physical exam requirement where the student complies with the Education Code's provisions regarding refusal to consent to a medical examination.

The Commissioner and the Board of Managers shall have the power to penalize a member school or any of its teams for a single violation or a repeated and ongoing pattern of violations of this bylaw. Penalties may include, but not be limited to, fines, suspensions of individual(s) or teams or spirit squads, economic sanctions, forfeitures of contests, probation, suspension, and any other penalty the Commissioner or Board of Managers deems appropriate. Where the Commissioner issues penalties under this provision, the school subject to the sanction may appeal to the Board of Managers pursuant to Part I, Section 34 of these Bylaws except any appeal involving a school's terms or conditions of participation, a decision to forfeit games, or a decision involving playoff participation must be made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs.

NOTE: Physical Exams conducted by chiropractors are not valid for SFUSD students.

SECTION 3 MANDATORY PARENTAL CONSENT

No student at a traditional (non-charter) SFUSD school will be permitted to practice, play or try out for a team without a signed release from the student's parent or guardian on the SFUSD's parental consent form. This form shall be kept on file in the office of the school's athletic director or principal.

SECTION 4 REQUIRED ANNUAL FORMS

A. ANTI-STEROID AGREEMENT

No student will be permitted to play in an interscholastic contest without a signed agreement from the student and his/her parent/caregiver agreeing that the student will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. This signed acknowledgement shall be submitted on the form required by the school or school district. For students at traditional (non-charter) SFUSD Schools, this written agreement shall be on the SFUSD's anti-steroid agreement form. The form shall be kept on file in the office of the school's athletic director or principal.

B. MANDATORY CONCUSSION INFORMATION SHEET

No student will be permitted to practice, play or try out for a team without the student, and the student's parent or guardian providing signed acknowledgement that they have received information on concussions, and the risks of concussions inherent in interscholastic athletics. This signed acknowledgement shall be submitted on the form required by the school or school district. For students at traditional (non-charter) SFUSD Schools, this written agreement shall be on the SFUSD's concussion information sheet. The form shall be kept on file in the office of the school's athletic

director or principal. A completed form shall be valid in the academic year in which it is executed, and shall expire at the conclusion of that academic year.

C. SUDDEN CARDIAC INFORMATION SHEET

No student will be permitted to practice, play or try out for a team without the student, and the student's parent or guardian providing signed acknowledgement that they have received information on the risks of sudden cardiac arrest. This signed acknowledgement shall be submitted on the form required by the school or school district. For students at traditional (non-charter) SFUSD Schools, this written agreement shall be on the SFUSD's Sudden Cardiac Arrest Information Sheet. The form shall be kept on file in the office of the school's athletic director or principal. A completed form shall be valid in the academic year in which it is executed, and shall expire at the conclusion of that academic year.

D. OPIOID FACTSHEET

No student will be permitted to practice, play or try out for a team with the student, and the student's parent or guardian providing signed acknowledgement that they have received The Opioid Factsheet for Patients published by the Centers for Disease Control and Prevention. The acknowledgement shall be kept on file in the office of the school's athletic director or principal. A completed form shall be valid in the academic year in which it is executed, and shall expire at the conclusion of that academic year.

E. HEAT ILLNESS SHEET

No student will be permitted to practice, play or try out for a team with the student, and the student's parent or guardian providing signed acknowledgement that they have received information on heat illness. This signed acknowledgement shall be submitted on the form required by the school or school district. For students at traditional (non-charter) SFUSD Schools, this written agreement shall be on the SFUSD's Sudden Cardiac Arrest Information Sheet. The form shall be kept on file in the office of the school's athletic director or principal. A completed form shall be valid in the academic year in which it is executed, and shall expire at the conclusion of that academic year.

SECTION 5 ELIGIBILITY LIST

- A. A student shall not participate in an interscholastic athletic contest until the Athletic Office has certified him or her as eligible.
- B. A school shall submit to the Athletic Office a list of participants on its interscholastic athletics team. This list shall be submitted no later than five calendar days prior to the school's first scheduled game regardless of whether that game is a league game or a non-league game. However, the Athletic Office may designate an earlier date for submission of the list in order to facilitate certification of the students on the list.
- C. The list of participants shall include the following information the Athletics Office needs to certify a student's eligibility:
1. The student's name.
 2. The student's birthdate.
 3. The student's gender.
 4. The student's grade point average for the previous marking period (the student's semester grade shall be submitted where the marking period and the semester end at the same time).
 5. The date the student first entered the ninth grade.
 6. The date the student first enrolled in the present school.
 7. The student's ethnicity.
- D. A school shall submit the list of participants in the form or format mandated by the Athletics Office.
- E. A school must copy the list of participants it submits to the Athletics Office to all other member schools. A school that fails to do so may be sanctioned by the Athletics Office. Sanctions may include but not be limited to economic sanctions, forfeiture of games, and any other sanction deemed appropriate by the Commissioner of Athletics.
- F. A school shall submit the names of students it wishes to add to the list of eligible participants after submission of the initial listing of participants. These supplemental students' names shall be submitted in the manner set out in subsections

(A-E) of this Section. The Athletics Office may designate the form or format for submitting these supplemental names. These supplemental students are not eligible until certified as such by the Athletics Office.

- G. A school that fails to timely and properly file its eligibility lists as required pursuant to this Section may be subject to sanctions by the Commissioner's office. Such sanctions may include but not be limited to economic sanctions, forfeiture of games, and any other sanction deemed appropriate by the Commissioner of Athletics.
- H. A team's coach, the school's principal, and the school's Athletic Director shall attest to the accuracy of a school's eligibility list and to a school's supplemental listing or listings of eligible students.

SECTION 6 PRACTICE AND CONTESTS UNDER PART II, SECTION 5

For the purposes of Bylaws Part II, Section 5, practice shall not be considered an interscholastic contest.

SECTION 7 SUBMISSION OF ELIGIBILITY CHECKLIST

A school shall submit the CIF San Francisco Section's Eligibility Checklist when it submits its CIF transfer paperwork.

SECTION 8 ELIGIBILITY DATES

A school must assess a student's scholastic eligibility within three days of the school's receipt of the listing of marking period grades for its students. The Athletic Office shall set an eligibility date. That eligibility date will be the last date for a school to assess its students' eligibility. A school that has not received a listing of grades for its students by that eligibility date shall notify the Athletic Office by 10:00 a.m. of the day following the eligibility date that it has not received its listing of grades, and cannot make an eligibility assessment. The Commissioner shall then have the option of working with the school and the District to find out the grades for students at the affected school or opt to wait until the listing of grades arrives at the school that has not timely received its grades.

SECTION 9 PLAYING AN INELIGIBLE STUDENT AND GENERAL ELIGIBILITY REQUIREMENTS

- A. A school shall forfeit any contest in which it knowingly or unknowingly plays an ineligible player in an athletic contest except where the forfeiture is governed by subsections (C-F) of this Section or Part V Section 3(B) of these Bylaws.
- B. Deliberate violation of subsection (A) of this Section results in disqualification for the season of any player who participated while knowing that he or she was ineligible. Such violation renders the guilty school subject to suspension or expulsion from the Academic Athletic Association.
- C. Where a school has submitted its eligibility or supplemental eligibility list, and a player has participated in one or more AAA Athletic League regular season contests while his or her name was not on that eligibility or supplemental eligibility list due to an unintentional, clerical error, and the player was eligible under all other CIF and CIF San Francisco Section Bylaws, the school shall be assessed one additional "administrative" loss in the standings.
NOTE: This Section C only applies to errors with eligibility lists. A failure to file transfer paperwork; a failure to file required paperwork for multi-school students; and other errors with CIF State and CIF San Francisco Section paperwork shall not be deemed to be an unintentional, clerical error. Also, subsection (C) of this Section does not apply to non-league contests and post-season contests.
- D. Where a player participated in one or more athletic contests while his or her name was not on an eligibility or supplemental eligibility list due to an intentional failure to include or add the student, or after the school has received notice that a student's name is not on the eligibility list, the school shall forfeit every game in which the player participated.
- E. Where a school has submitted its eligibility list or supplemental eligibility list, and more than one player from said school has participated in one or more AAA Athletic League regular season contests while his or her name was not on that eligibility or supplemental eligibility list, the school shall be presumed to have engaged in negligent or irresponsible conduct, and shall be subject to forfeiture under Part V Section 3(B) of these Bylaws. The school may present information to rebut the presumption of negligence or irresponsibility, and if the Commissioner accepts that information the school shall be assessed one additional "administrative" loss in the standings instead of forfeiting games under Part V Section 3(B) of these Bylaws.
- F. The administrative loss imposed under subsections (C) and (E) of this Section may be waived by the Commissioner of Athletics where the ineligibility is discovered after the conclusion of the AAA Athletic League regular season.

- G. All students must have either residential eligibility pursuant to CIF Bylaw 206 (CIF San Francisco Section Bylaws Part II, Section 16), transfer eligibility pursuant to CIF Bylaw 207 (CIF San Francisco Section Bylaws Part II, Section 17), or be a student at a CIF San Francisco Section approved multi-school pursuant to CIF Bylaw 303 and CIF San Francisco Section Bylaws Part III, Section 3.
- H. All students must be scholastically eligible as per Part II, Section 15 of these Bylaws.

NOTE: The State CIF and the CIF San Francisco Section provide questions and answers throughout the following Sections as a guide for parent(s)/guardian(s)/caregiver and school personnel to aid them in understanding the intent and application of some of our bylaws. Many situations are unique and not every specific situation can be covered in the language of these bylaws or in every Q & A.

SECTION 10 CIF STUDENT ELIGIBILITY FOR INTERSCHOLASTIC ATHLETIC COMPETITION

- A. **PHILOSOPHY:** The CIF, as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council. CIF Bylaws governing student eligibility are a necessary prerequisite to participation in interscholastic athletics because they:
1. Keep the focus on athletic participation as a privilege not a right;
 2. Reinforce the principle that students attend school to receive an education first; athletic participation is secondary;
 3. Protect the opportunities to participate for students who meet the established standards;
 4. Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place;
 5. Provide uniform standards for all schools to follow in maintaining athletic competition;
 6. Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes;
 7. Serve as a deterrent to students who transfer schools to avoid disciplinary action;
 8. Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes;
 9. Support the Principles of Pursuing Victory with Honor_{SM}.
- B. **RULES:** The CIF establishes the standards of eligibility to participate in interscholastic athletics to include the following:
1. Philosophy statement (CIF Bylaw 200, CIF San Francisco Section Bylaws Part II, Section 10)
 2. Standards of Eligibility (CIF Bylaw 201, CIF San Francisco Section Bylaws Part II, Section 11)
 3. Accurate information requirement (CIF Bylaw 202, CIF San Francisco Section Bylaws Part II, Section 12)
 4. Age requirement (CIF Bylaw 203, CIF San Francisco Section Bylaws Part II, Section 13)
 5. Eight Consecutive Semesters requirement (CIF Bylaw 204, CIF San Francisco Section Bylaws Part II, Section 14)
 6. Scholastic Eligibility (CIF State Bylaw 205, CIF San Francisco Section Bylaws Part II, Section 15).
 - a. Initial scholastic eligibility (CIF Bylaw 205.A., CIF San Francisco Section Bylaws Part II, Section 15(A))
 - b. Continuing scholastic eligibility (CIF Bylaw 205.B., CIF San Francisco Section Bylaws Part II, Section 15(B))

- c. Summer School Credits (CIF Bylaw 205.B.(3)f., CIF San Francisco Section Bylaws Part II, Section 15(B)(3)(f))
 - d. Non-Traditional Programs (CIF Bylaw 205.B.(3)g, CIF San Francisco Section Bylaws Part II, Section 15(B)(3)(g))
 - e. Waivers of 20 semester credits requirement (CIF Bylaw 205.C., CIF San Francisco Section Bylaws Part II, Section 15(C))
- 7. Residential Eligibility (CIF Bylaw 206, CIF San Francisco Section Bylaws Part II, Section 16)
 - a. Initial residential eligibility (CIF Bylaw 206.A., CIF San Francisco Section Bylaws Part II, Section 16(A))
 - b. Continuing residential eligibility (CIF Bylaw 206.B., CIF San Francisco Section Bylaws Part II, Section 16(B))
 - c. Valid change of residence (CIF Bylaw 206.C, CIF San Francisco Section Bylaws Part II, Section 16(C)).
 - 8. Transfer Eligibility (CIF Bylaw 207, CIF San Francisco Section Bylaws Part II, Section 17)
 - 9. Foreign Exchange student eligibility (CIF Bylaw 208, CIF San Francisco Section Bylaws Part II, Section 18)
 - 10. Discipline eligibility (CIF Bylaw 209, CIF San Francisco Section Bylaws Part II, Section 19)
 - a. Expulsion (CIF Bylaw 209.A., CIF San Francisco Section Bylaws Part II, Section 19(A))
 - b. Suspended Expulsion (CIF Bylaw 209.B., CIF San Francisco Section Bylaws Part II, Section 19(B))
 - c. Transfer Compelled for Disciplinary Reasons (CIF Bylaw 209.C., CIF San Francisco Section Bylaws Part II, Section 19(C))
 - 11. Physical Assault (CIF Bylaw 210, CIF San Francisco Section Bylaws Part II, Section 20)
 - 12. Continuation School eligibility (CIF Bylaw 211, CIF San Francisco Section Bylaws Part II, Section 21)
 - 13. Amateur status requirement (CIF Bylaw 212, CIF San Francisco Section Bylaws Part II, Section 22)
 - 14. Hardship waivers of eligibility standards other than transfer (CIF Bylaw 213, CIF San Francisco Section Bylaws Part II, Section 23)
 - 15. Post-Injunction Remedies (CIF Bylaw 214, CIF San Francisco Section Bylaws Part II, Section 24)
 - 16. Intercollegiate Competition (CIF Bylaw 215, CIF San Francisco Section Bylaws Part II, Section 25)
 - 17. Graduates (CIF Bylaw 216, CIF San Francisco Section Bylaws Part II, Section 26)
 - a. Mid-Year/Spring Graduation (CIF Bylaw 216.A., CIF San Francisco Section Bylaws Part II, Section 26(A))
 - b. California High School Proficiency Exam (CIF Bylaw 216.B., CIF San Francisco Section Bylaws Part II, Section 26(B))

** The CIF recognizes that any student who is ineligible under the rules of another state cannot gain eligibility at a CIF member school until the terms of ineligibility are served*

SECTION 11 STANDARDS OF ELIGIBILITY

Only students enrolled in public, charter and private CIF member schools, grades 9-12, and meet all standards of athletic eligibility established by CIF, their respective CIF Section of membership, their respective league, district and school are considered a student in good standing and eligible to compete for their school of enrollment. Students who are enrolled in school programs or member schools whose membership status has been established as a multi-school/campus should also refer to CIF Bylaws 302, 303, and 304, CIF San Francisco Section Bylaws Part III, Sections 2, 3, and 4 for additional eligibility requirements.

- A. **Enrollment Standards- See also CIF Bylaws 204, 206, 207 and 209, CIF San Francisco Section Bylaws Part II, Sections 14, 16, 17, 19.**
 - 1. **Enrollment standard required for participation: (CIF Bylaws 201 and 205, CIF San Francisco Section Bylaws Part II, Section 11 and 15)**
 - a. Students must be enrolled full time (minimum 20 units) at the school for which they are competing. (See also CIF Bylaws 205.B.(1)a., 216, 303, 304, 503 C & 503. G, CIF San Francisco Section Bylaws

- Part II, Section 15(B)(1)(a) and 26, Part III, Section 3 & 4, and Part V, Sections 3(C) & 3(G))
- b. Students will be considered enrolled in a school for purposes of participation in interscholastic athletics (205.B, CIF San Francisco Section Bylaws Part II, Section 15(B)) when they have:
- (i) Been entered as a full-time student (20 units or equivalent in a non-traditional program-see also CIF Bylaw 205.B.(1)a. and b(i), CIF San Francisco Section Bylaws Part II, Section 15(B)(1)(a) and b(i)) in attendance in classes at that school. OR
 - (ii) Participated in a fall sport when the tryouts and/or practices of that team begin before classes at the school begin in the fall. Such a student will be considered to be enrolled during that practice time as long as they have registered for, and are enrolled, as a full-time student for the fall semester of that school year (20 units or equivalent in a non-traditional program-see also CIF Bylaw 205.B.(1)a. and b(i), CIF San Francisco Section Bylaws Part II, Section 15(B)(1)(a) and b(i)).

Q: My son was not registered for any classes at any school, he was not attending school anywhere because we had just moved here. He enrolled in classes at the new school (CIF Member School A) two (2) weeks after the first day of this school year. When does his 15 days begin?

A: Because he was not registered or currently scheduled for classes at any school he is not considered to have been on the attendance roll prior to his actual enrollment. Official enrollment would begin on the first day he attended classes at the new school.

Q: My son was registered and scheduled in classes, but due to illness did not begin attending until five (5) days after the school year/term began. When does his official enrollment begin?

A: Because he was registered and scheduled in classes, even though he was not attending those classes, his official enrollment begin the first day that he attended classes at that school.

- c. For eligibility purposes, students cannot have dual enrollment in two different schools at the same time. During the time a student remains enrolled in their current school but has registered for classes at a new school and/or paid a non-refundable registration fee at a new school, the student will be considered to be enrolled in the former school not the new school. Only at such time as the student has withdrawn from or has completed the courses in which they were enrolled at the former school, is no longer enrolled in any way at the former school and has attended classes at their new school, shall that student be considered as being enrolled in the new school for eligibility purposes. This applies to 8th graders matriculating the following school year to 9th grade in a CIF member school.

NOTE: This is not intended to apply to traditional summer school coursework. Summer school is defined as a course of study that begins after the end of the previous school year and ends prior to the beginning of the fall term of the following school year.

Q: My daughter will be transferring to a new school (School B) in the fall. She has registered for classes at that new school, but still remains enrolled in, and completing her coursework at, her current school (School A). For purposes of athletic eligibility, is she enrolled in both schools at this time?

A: Students may not have dual enrollment for eligibility purposes. Students may not have residential eligibility at two different schools at the same time. She is considered enrolled at, and therefore only eligible at, her current school (School A).

- d. Students may not participate in any athletic meeting, practice or competition at a new school in which they have registered for classes and/or paid a non-refundable registration fee until they have been officially withdrawn from their former school, or stopped attending or the regular school year for their former school has concluded. This applies to 8th graders who are matriculating the following school year to a CIF member school.

Q: My daughter will be transferring to a new school (School B) in the fall. She has registered for classes at that new school, but still remains enrolled in and completing her coursework at her current school (School A). Can she practice with her new school team during the current school year since she is registered for classes and will be attending the new school next term/year?

A: No. For eligibility purposes, she is not considered to be enrolled at the new school (School B) since she had not withdrawn from or stopped attending School A and therefore may not participate, practice or compete in any way with their athletic program. If she does, she may be declared to be in violation of CIF Bylaws 207.C.(3) & 510, CIF San Francisco Section Bylaws Part II, Section 17(C)(3) and Part V, Section 10 pre-enrollment contact with the new school (School B) which may jeopardize her athletic eligibility.

- e. Students may not practice with or compete for any CIF-member school in which they are not enrolled as a full-time student regardless of the sports offerings, or lack thereof, at the school in which they are enrolled.

2. **Enrollment standard establishing a semester of attendance:**

- a. Once a student attends class and is continuously enrolled for 15 school days in the ninth grade, and/or in any classes taken subsequent to the completion of the 8th grade, at any school or has played in an interscholastic athletic contest, the CIF will count that as the student's first semester of high school eligibility.

Q: Because of family circumstances, we enrolled our daughter in the 9th grade at a school after her completion of the 8th grade. She was unable to and did not begin attending until a month after school started. Because she was so far behind, we waited until the 2nd semester of that year for her to actually start attending classes. When does her 8 semesters begin?

A: California Ed Code section 58200 et seq. provides that each person between the ages of 6 and 18 years is subject to compulsory full-time education unless the person is statutorily exempt. However, if during that first semester, she was not enrolled in any coursework of any kind in any school, was not home schooled and was not taking any kind of courses on-line through any Independent Study Program or in any other program of coursework, her first semester of high school eligibility would begin at the 2nd semester.

- b. Eight (8) consecutive semesters of eligibility, including and immediately following the first semester as described in (a) above, are available to the student whether or not the student is enrolled in school, participates in or is eligible for, interscholastic participation. (CIF Bylaw 204, CIF San Francisco Section Bylaws Part II, Section 14)

3. **Enrollment standard establishing students as a transfer (CIF Bylaw 207, CIF San Francisco Section Bylaws Part II, Section 17)**

- a. Students shall be considered to be a transfer student when:
- (i) the student has attended class at their former school (School A) AND/OR
 - (ii) the student has played in an athletic contest for their former school; AND/OR
 - (iii) the student has tried out for or practiced with a team prior to the beginning of the school year for five (5) days or more; AND
 - (iv) that student withdraws from School A or has completed the courses in which they were enrolled in at School A, so that student is no longer enrolled in any way at School A; AND
 - (v) that student enrolls as a full-time student in a new school (School B); THEN that student shall be determined to be enrolled in and having transferred to School B if all conditions of CIF Bylaw 201.A.(1), CIF San Francisco Section Bylaws Part II, Section 11(A)(1) above are met.
- b. Students may not practice with or participate in an interscholastic athletic contest for the new school prior to establishing enrollment in the new school, meeting the enrollment standards contained herein, except if they are transferring at the beginning of the school year and practice for that season of sport begins prior to the first day that classes begin for the new school. Registering for classes and paying a non-refundable registration fee or tuition does not constitute enrollment in the new school for transfer purposes.
- c. For eligibility purposes, students cannot have dual enrollment in two different schools at the same time. During the time a student is intending to transfer schools, has registered for classes at the new school and/or paid a non-refundable registration fee at the new school, but still remains enrolled in the former school, the student will be considered to be enrolled in the former school. Only at such time as the student has withdrawn from or has completed the courses in which they were enrolled at the former school, and is no longer enrolled in any way at the former school, shall that student be considered as having transferred to the new school. This applies to 8th graders matriculating the following school year to 9th grade in a CIF member school.
- d. No one associated with the athletic program at the new school may perpetrate any violation of CIF Bylaw 510, CIF San Francisco Section Bylaws Part V, Section 10 or have inappropriate pre-enrollment contact as outlined in CIF Bylaw 207.B or 510, CIF San Francisco Section Bylaws Part II, Section 17(B) and Part V, Section 10 prior to their enrollment in the new school as defined herein.

Q: What if my child is on a waitlist to attend School B, but is not accepted until after the school year has begun and began attending School A?

A: The Section may grant an exception, but must have written documentation that the student was placed on the waitlist at School B prior to the start of the school year beginning and their attendance at School A. The student will not be eligible for an exemption if they participated in any contests at School A.

4. **Enrollment standards for purposes of CIF Bylaw 510, CIF San Francisco Section Bylaws Part V, Section 10 (pre-enrollment contact) (CIF Bylaw 510, CIF San Francisco Section Bylaws Part V, Section 10)**

- a. General information about athletic programs, physicals, summer activity, camps, etc. may be

distributed to middle school students only by a CIF member school administrator or athletic director.

Q: What may representatives of a senior high school do as far as contact with junior high/middle school students is concerned?

A: Because a graduate of a junior high/middle school may enter any high school in California and may be residentially eligible in accordance with all CIF rules, contact by senior high school representatives is regulated. Individual coaches cannot visit or initiate contact with junior high/middle school students, but it would be permissible for the school administrator or athletic director (not the coach) of a senior high school to visit the junior high/middle school campus for the purpose of informing students of the total athletic program at the senior high school.

However, it is legal on a school day for a high school coach to be part of a total open house and/or school orientation (academics, activities, but not athletics by itself) where a student is part of a general gathering of students on the high school campus and such activity has the approval of the high school and junior high/middle or elementary school principal.

- b. 8th graders who have not graduated from the 8th grade may not participate in any athletic communication(s) conducted by any high school coach that is not part of a school-wide high school presentation until May 1 and only if the student has registered for classes at the CIF member school and, in the case of a private school, also paid a non-refundable registration fee.

Q: What means of communication may coaches use after May 1?

A: Coaches may communicate with 8th grade families via phone, email or letters but must do so in accordance with school/school district/governing board policy.

- c. The student may not practice or compete in any contest at any high school, even if they have registered for classes and/or paid a non-refundable registration fee, until they have graduated from the 8th grade.
- d. Contact between coaches (and others associated with the athletic program) and students or their parents during summer activity conducted by a CIF-member school, shall not be considered pre-enrollment contact requiring disclosure, if the student has, previous to that summer, registered for classes at the CIF member school and, in the case of a private school, also paid a non-refundable registration fee and has officially withdrawn from the previous school as long as the contact does not occur prior to the conclusion of the student's former school's year end. Such contact is not required to be disclosed. All other contact not covered in this circumstance between coaches (and others associated with the athletic program) and students or their parents must be disclosed as required in CIF Bylaws 206, 207 and 510, CIF San Francisco Section Bylaws Part II, Section 16 and 17 and Part V, Section 10.

(Revised April 2018 Federated Council)

5. **Enrollment of Students in Schools with Multi-School/Campus Agreements:**

Enrollment of students in a school with an existing multi-school/campus agreement may be residentially eligible only as provided in CIF Bylaws 302, 303 and 304, CIF San Francisco Section Bylaws Part III, Section 2,3, and 4. (See Related CIF Bylaws: 301 – Home Study/Home Schooling, CIF San Francisco Section Bylaws Part III, Section 1)

(Revised April 2016 Federated Council)

SECTION 12 ACCURATE INFORMATION

- A. The CIF requires that all information provided in regard to any aspect of the eligibility of a student must be true, correct, accurate, complete, and/or not false or inaccurate.
- B. Penalty for Providing Incorrect, Inaccurate, Incomplete or False
 1. If it is discovered that any parent(s)/guardian(s)/caregiver or student has provided incorrect, inaccurate, incomplete or false information in regards to any aspect of eligibility status on behalf of a student, that student is subject to immediate ineligibility for CIF competition at any level in any sport for a period of up to 24 calendar months from the date the determination was made that incorrect, inaccurate, incomplete or false information was provided.
 2. If it is discovered that persons associated with the student or the school (coach, teachers, parent(s)/guardian(s)/caregiver, friends, etc.) provided incorrect, inaccurate, incomplete or false information in order to fraudulently gain favorable eligibility status for a student, that student is subject to immediate ineligibility for competition at any Section member school at any level in any sport for a period of up to 24 calendar months from the determination that incorrect, inaccurate, incomplete or false information was provided.

whether the student was aware of the fraudulent information or not. (Revised October 2001 Federated Council)

3. Any contests in which a student or students participated based on incorrect, inaccurate, incomplete or false information or fraudulent practices regarding eligibility status shall be forfeited according to the guidelines set in accord to the rules of the CIF Section.
4. **Teams**
 - a. If it is determined that someone associated with a school (including, but not limited to, a coach) knowingly participates in either providing incorrect, inaccurate, incomplete or false information or using fraud or knowingly allows others to do so, in order for a team to meet qualification standards in any event, that team will be subject to immediate ineligibility for further competition in that sport that season.
 - b. Any contest in which that team has participated based on incorrect, inaccurate, incomplete or false information or fraud shall be forfeited according to the guidelines of the CIF Section or the State CIF.
5. **School Personnel Involvement**
If any school personnel (including but not limited to a coach) knowingly participates in either providing incorrect, inaccurate, incomplete or false information or allowing others to provide incorrect, inaccurate, incomplete or false information in order to gain favorable eligibility status for a student, or team information to meet qualification standards for participation in any contest including playoffs or championships, sanctions may be imposed on the school including but not limited to: probationary status, prohibitions against playoff participation, forfeitures, revoking of CIF or Section membership, etc.
6. **Assumed Name**
In addition to any sanctions or penalties arising from the provisions above, a student shall become ineligible for CIF competition in the respective sport for competing in CIF competition under an assumed name.

SECTION 13 AGE REQUIREMENT

A student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student, whose 19th birthday is on or before June 14, is ineligible. Each Section may waive this provision so long as criteria for such a waiver shall include, but not be limited to, the following:

- A. Such a waiver would not grant more than four years (eight semesters) of eligibility; AND
- B. Such a waiver would not grant more than four years' participation in any sport; AND
- C. That a hardship exists which, in the judgment of the Section, requires a waiver. Hardship is defined in CIF Bylaw 213, CIF San Francisco Section Bylaws Part II, Section 23; AND
- D. A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in CIF Bylaw 1101.

The CIF San Francisco Section Commissioner may waive a student's ineligibility under this Section based upon the factors listed in Section 13.1 below.

SECTION 13.1 CIF SAN FRANCISCO SECTION FACTORS CONSIDERED FOR WAIVERS OF AGE REQUIREMENT OF CIF BYLAW 203

The CIF San Francisco Section shall consider the following factors in addressing requests for waivers of the Age Requirement of CIF State Bylaw 203 (CIF San Francisco Section Bylaws Part II Section 13).

- A. The student must be able to provide documented evidence of a hardship.
- B. The hardship must be the direct and sole cause that the student is still in school beyond the CIF's age limit.
- C. The waiver, if granted, must not grant a student participation beyond the limits of the CIF's eight semester rule.
- D. The waiver, if granted, must not grant a student more than four years of participation in any sport.

- E. The student shall not have delayed his/her education in order to gain physical maturity.
- F. The waiver shall not be granted where a student or school gains a competitive advantage from having an older student participate against younger, high school aged students.
- G. The waiver, if granted, must not result in students who meet the CIF's age requirement being deprived of substantial playing time.
- H. The waiver, if granted, shall not create a situation where the safety of younger athletes against whom an older athlete might compete compromised? In sports that involve contact or collisions, the burden shall be on the student to establish that the safety of younger athletes shall not be compromised.
- I. The student's hardship shall not be the result of school or school district policies that require a student to remain in school beyond the limits of the CIF's eight semester rule.

SECTION 13.2 FOOTBALL AGE REQUIREMENTS

- A. Frosh/Soph Football: Minimum age, thirteen (13) years; a student becomes ineligible upon reaching his seventeenth (17) birthday, prior to September. A student becomes ineligible in his junior year (5th semester of eligibility) regardless of age.
- B. Varsity Football: A student shall not be allowed to practice with or against or to play on a varsity football team unless he has reached his fifteenth (15) birthday.
- C. Varsity Football: A student under 15 years of age may not participate in an interscholastic contest or scrimmage against the varsity football team of another school unless the following criteria have been met for a student aged 14 years or older. Fourteen (14) year old student athletes may be allowed to compete at the varsity level by the principal provided the following conditions have been met:
 1. Signed consent form from the parents allowing participation at the varsity level.
 2. A statement from the coach that the student athlete has the physical and mental maturity to compete at the varsity level.
 3. A statement of compliance by the principal must be forwarded to the AAA Athletic Office verifying that all required documentation has been completed and is on file in the appropriate school office.
 4. Additional, more specific age related football regulations are set out herein at these Bylaws Part XII, Section 7.

SECTION 14 EIGHT CONSECUTIVE SEMESTERS REQUIREMENT – See also Section 11(A)(2)

- A. **Definition of a Semester of Attendance**
Once a student attends a class and is continuously enrolled for 15 school days in the 9th grade, and/or has taken classes subsequent to the completion of the 8th grade, at any school of has played in an interscholastic athletic contest, the CIF will count that as the student's first semester of high school eligibility.
- B. **Eight Consecutive Semester Rule**
A student who first enters the 9th grade of any school following the student's completion of the 8th grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the 9th grade of any school and/or in any classes taken subsequent to the completion of the 8th grade, whether or not the student is enrolled in school, whether or not the student is academically or otherwise eligible and whether or not the student avails themselves of the opportunity to participate in interscholastic sports during this time. Eligibility is only available during the student's first eight consecutive semesters of enrollment in high school (grades 9-12).

Q: My daughter suffered a serious knee injury causing her to miss the entire volleyball season in her junior year. May I request a waiver of the limitation of eight consecutive semesters of eligibility?

A: No. An injury is not a reason for granting a waiver of this rule.

C. Section Waivers

1. Waiving Semester Limitation

Each Section may, at its discretion, establish rules and procedures for waiving the limitation on eight semesters of eligibility, providing:

- a. The student is required by the student's school principal to return to grade eight from grade nine and the student did not take part in an interscholastic contest while in the 9th grade for the first time; OR
- b. The student, because of mid-year completion of an 8th grade or a mid-year completion of the 9th grade in a junior high school, is required by the student's school principal to repeat a semester of work in order to conform to a school program having annual terms; AND
- c. The student has not taken part in an interscholastic athletic contest while enrolled for the first time in the semester which the student's school principal required the student to repeat.

2. Waivers of the Charge of a Semester of Attendance

- a. Other than C.(1) above, relief under this rule may only be granted when the conditions set forth in CIF Bylaw 204.C.(2)b., CIF San Francisco Section Bylaws Part II, Section 14(C)(2)(b) below are found to be present. Any other past rationales or basis for relief under this Bylaw are invalidated. (Approved May 2001 Federated Council)
- b. Each Section may waive the charge of one or more of the eight consecutive semesters of eligibility for athletic competition due to a hardship condition that causes the student's absence from school or to extend the student's attendance in school beyond eight consecutive semesters, PROVIDED:
 - (i) That a hardship condition exists that, in the judgment of the Section, warrants a waiver. Hardship is defined in CIF Bylaw 213, CIF San Francisco Section Bylaws Part II, Section 23; AND
 - (ii) The hardship caused the student to remain out of school for more than half of any semester during his/her high school career; OR
 - (iii) The hardship is the direct and sole cause of the student extending his/her attendance beyond eight consecutive semesters even though the student was in attendance for those eight consecutive semesters. Further, the student's extension of his/her attendance beyond eight semesters has no athletic motivation; AND or the student is or was homeless or in foster care, and his/her status as a foster or homeless youth is the sole and direct cause for seeking a waiver of the charge of a semester of attendance and the student meets all other eligibility requirements unrelated to his/her status as a foster or homeless youth; AND
 - (iv) That the student was eligible under all rules in the semester immediately prior to either his/her absence or the onset of the hardship condition that is the direct and sole cause for extending his/her attendance beyond eight semesters; AND
 - (v) Such a waiver would not grant more than four years of participation in any sport; (See CIF Bylaw 504 K and 504 L, CIF San Francisco Section Bylaws Part V, Sections 4 K and L); AND
 - (vi) Hardship applications may not be submitted prior to the conclusion of the student's 7th semester in high school.

3. All other eligibility requirements apply.

4. Appeals: A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in CIF Bylaw 1101 and CIF San Francisco Section Bylaws Part X.

NOTE: Failure to satisfy the California High School Exit Exam (CAHSEE), California course requirements (e.g. Algebra I), and/or end of course requirements shall not be considered a hardship.

4.1 Semesters are charged consecutively. If a student is not in school, the student will be charged with a semester of attendance. The CIF San Francisco Section Commissioner may waive the charge of a semester of attendance based on the factors set out above.

Q: What is the status of a student who repeats his or her sophomore year due to a scholastic deficiency or some other reason?

A: The student would have already used four of his or her allowable eight semesters of eligibility and repeating the sophomore year would bring about the charge of a fifth and sixth semester. Thus, the student would not be eligible his or her Senior Year in high school.

Q: What is the status of a student initially entering high school as a 10th grader after attending a junior high school with grades 7-9?

A: The student would have SIX consecutive semesters of eligibility remaining.

SECTION 15 SCHOLASTIC ELIGIBILITY

A. Initial Scholastic Eligibility

In order to be eligible, any student entering from the 8th grade into a CIF four-year high school, a junior high or a junior high under the provisions of CIF Bylaw 303, must have achieved a 2.0 grade-point average on a 4.0 scale in enrolled courses at the conclusion of the previous grading period.

Q: What is the definition of an unweighted grade-point average?

A: An unweighted grade-point average is one where no additional grade points are awarded for any courses (advanced placement, honors, etc.)

Q: Are all courses considered equal in the calculation of a grade-point average?

A: No. An A grade in a one-credit class would not be considered equal to an A grade in a five (5)-credit class

1. Probationary Period

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve the above requirement in the previous grading period to remain eligible to participate in interscholastic athletics during a probationary period. The probationary period shall not exceed one semester in length, but may be for a shorter period of time, as determined by the governing board of the school district, private school, or parochial school. A student who does not meet the above requirements during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure shall be the maximum number of days comprising a semester as used in that school during the year in question.

1.1. CIF San Francisco Section Probationary Period Requirements For SFUSD Schools

Students attending SFUSD schools may be granted a probationary period where they do not have a 2.0 GPA during the preceding report card period provided they meet the following standard for the preceding report card period:

- * At least a 1.50 GPA and 20 credits passed.
- * No unsatisfactory citizenship marks.
- * No more than 3 unexcused absences during the report card period.

A probationary period of eligibility shall last for one report card period. A student may extend this grant of eligibility if he/she receives at least a 2.0 GPA and is passing 20 credits of work at the end of the most recent report card period. However, the eligibility granted under a probationary period shall not be extended beyond the semester in which the initial probationary period is granted. The probationary period, if granted, is irrevocable and may be granted once and only once during the student's eight semesters of eligibility. Applications requesting a probationary period must be approved by the principal and the athletic director. Individual schools may choose not to offer the probationary period or to offer it based on more stringent qualifications than those listed above.

B. Continuing Scholastic Eligibility

1. Minimum Requirements

A student is scholastically eligible if:

- a. The student achieved an unweighted 2.0 grade-point average, on a 4.0 scale, in enrolled courses at the conclusion of the previous grading period. (See Q&A below in 205.B.(1)e.)
- b. The student is currently enrolled in at least 20 semester credits of work;
 - (i) **Non-Traditional Programs:**
In schools where other than traditional semester programs are offered, the principal of each individual school shall be responsible for determining the equivalent of 20 semester credits.
 - (ii) **Accelerated Programs:**
Students studying on an accelerated program that includes one (1) or more advanced (either high school or college) courses while enrolled in high school may substitute enrollment and passing grades in these courses for one (1) or more required 20 semester credits of work;

evaluation of these courses is to be done by the high school principal.

- c. The student was passing in the equivalent of at least 20 semester credits of work at the completion of the most recent grading period;
- d. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board;
- e. The student has maintained during the previous grading period a minimum unweighted 2.0 grade-point average, on a 4.0 scale, in all enrolled courses.

Q: What is the definition of an unweighted grade-point average?

A: An unweighted grade-point average is one where no additional grade points are awarded for any courses advanced placement, honors, etc.)

Q: Are all courses considered equal in the calculation of a grade-point average?

A: No. An A grade in a one-credit class would not be considered equal to an A grade in a five (5)-credit class

- 1.1. A student must be enrolled in at least two courses that are academic courses or required courses for graduation during each marking period. Only one class in physical education or JROTC may be computed into a marking period or semester grade point average unless all graduation requirements are completed. No more than one non-classroom assignment (i.e. IWE, office service) will be computed into a student's grade point average for a marking period or a semester.
- 2. **Probationary Period**
The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve said educational progress in items (d) or (e) of subsection (B)(1) of this Section in the previous grading period to remain eligible to participate in interscholastic athletics during probationary period. The probationary period shall not exceed one semester in length, but may be for a shorter period of time as determined by the governing board of the school district, private school, or parochial school. A student who does not achieve said educational progress as defined in items (d) or (e) of subsection (B)(1) of this Section during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure should be the maximum as used in that school.
- 2.1. **CIF San Francisco Section Probationary Period Requirements for SFUSD Schools**
Students attending SFUSD schools may be granted a probationary period where they do not have a 2.0 GPA during the preceding report card period provided they meet the following standard for the preceding report card period:
 - * At least a 1.50 GPA and 20 credits passed.
 - * No unsatisfactory citizenship marks.
 - * No more than 3 unexcused absences during the report card period.
 A probationary period of eligibility shall last for one report card period. A student may extend this grant of eligibility if he/she receives at least a 2.0 GPA and is passing 20 credits of work at the end of the most recent report card period. However, the eligibility granted under a probationary period shall not be extended beyond the semester in which the initial probationary period is granted. The probationary period, if granted, is irrevocable and may be granted once and only once during the student's eight semesters of eligibility. Applications requesting a probationary period must be approved by the principal and the athletic director. Individual schools may choose not to offer the probationary period or to offer it based on more stringent qualifications than those listed above.
- 3. **Grading Period**
The grading period is that time when all students in a school are graded. If two grades are given at the end of a grading period, scholastic eligibility shall be established according to the grade issued for credit.
NOTE: Progress reports may not be considered for academic eligibility.
 - a. Schools or Districts or Leagues or Sections must establish an eligibility date following the immediately previous grading period in compliance with their respective CIF Section Policy. This is the date on which all students become eligible and ineligible based on their officially posted grades in the immediately previous grading period.
 - b. Grades cannot be changed following the grading period for purposes of addressing any deficiency in an individual student's scholastic eligibility.
 - c. Only grades changed prior to the established eligibility date and changed in accordance with all California State Education Code requirements and approved by the principal may be used for purposes of determining scholastic eligibility.

- d. **Incomplete Grades**
A grade(s) of Incomplete shall not be considered a passing grade under this bylaw unless, by operation of a school grading policy, the Incomplete grade shall become a passing letter or (numeric) grade without further achievement or accomplishment by a student, at a certain time. When an Incomplete grade is issued which does not automatically become a passing grade, as indicated immediately above, such Incomplete grade shall not satisfy the requirement of this bylaw until academic deficiency which gave rise to such Incomplete grade shall have been satisfied and a passing grade has been substituted for the Incomplete grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.
- dd. **No Credit Grades**
A grade(s) of No Credit shall be considered to be a Failing (“F”) grade under this Bylaw.
NOTE: A grade of No Credit issued under a school policy of giving students No Credit grades instead of Failing (“F”) grades shall be counted as an “F” under this Bylaw. A No Credit grade issued at a school that has a policy of allowing students to substitute a letter grade for a “No Credit” grade based on work submitted after the No Credit grade was issued shall be counted as an “F” grade until such time as the substituted letter grade is entered.
- e. **Physical Education Credits**
Credits earned in physical education may count toward the 20 semester credits of work requirement.
NOTE: Only one class in physical education may be computed into a marking period or semester grade point average unless all graduation requirements are completed. (See these Bylaws Part II, Section 15(B)(1.1)).
- f. **Summer School Credits**
Summer school credits shall be counted toward making up scholastic deficiencies incurred in the grading period (semester) immediately preceding. Summer school courses failed shall not impair an athlete’s scholastic eligibility achieved in the semester immediately preceding. A course taken by contract or independent study during the summer must meet the following four criteria:
- (i) The course(s) must be approved by the local board of trustees as a valid part of the district’s school program;
 - (ii) The student receives a passing grade in the courses taken;
 - (iii) The personnel providing the instruction and course supervision are approved by the board of trustees;
 - (iv) The school credit is recorded on student’s transcript.
- ff. **Summer School Credits Allowed and GPA Calculation**
A student’s summer school classes shall be included with the classes the student took in the preceding spring semester in calculating the student’s grade point average provided the classes are: (a) classes taken to fulfill graduation requirements; (b) electives other than physical education; or (c) a physical education course taken to make up a failure in a previous physical education course. Further, only ten units of summer school courses shall be allowed in any one calendar year. A student’s G.P.A. may be calculated by substituting summer grades for the exact same course taken previously or by adding the summer grade to the student’s other grades.
- g. **Scholastic Eligibility for Students in Non-Traditional Programs**
In schools operating on other than the traditional program (i.e., for schools such as those with a modular or flexible scheduling, special programs for the physically-disabled, or continuous progress programs) the principal shall certify as to the scholastic eligibility of each student based upon satisfactory progress in accordance with the standards defined above. Students may apply college course units to satisfy the 20 semester periods of work requirement and the grade point average requirement. Students who are eligible for differential standards of proficiency pursuant to Section 51412 of the Education Code are covered by that Section.
NOTE: For crediting purposes the grading period closes with the last day of school in the given grading period. In determining eligibility, one grading period does not end until the next one begins.

C. **Waiver of the Requirement of Passing 20 Semester Credits of Work**

Each California Interscholastic Federation Section may waive the requirement of passing in 20 semester credits of work during the regular school grading period immediately preceding that of competition, PROVIDED:

1. Serious illness, injury, or attendance in special schools (as referenced in Education Code Sections 59000 et seq. and 59100 et seq.), prevents the student from meeting one or more of these requirements; OR
2. The student has been traveling abroad with the consent of the student’s parent(s)/guardian(s)/caregiver and

- circumstances prevented further school attendance; OR
3. The student is returning from an American abroad school attendance program; OR
 4. The student is returning from school attendance abroad because of a valid change of residency by the student's parent(s)/guardian(s)/caregiver; OR
 5. The student is required to remain out of a U.S. school because of exceptional hardship, (See CIF Bylaw 213, CIF San Francisco Section Bylaws Part II, Section 23 for definition of hardship); AND
 6. That the student was eligible under all rules in the semester immediately prior to his/her absence; AND
 7. All other rules such as age and number of seasons of sport shall apply.

The San Francisco Section Commissioner may waive the requirements of passing in 20 semester periods of work in accordance with the standards above. A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in CIF Bylaw 1101, CIF San Francisco Section Bylaws Part X.

SECTION 15.1 ATTENDANCE ON DAY OF CONTEST

To be eligible for any athletic contest, a student must be in attendance in an authorized program for which credit is received for at least two class hours on the day of the contest, exclusive of the lunch hour. Exceptions may be made by principals in cases of deaths in families, court orders, other extreme emergencies, attendance at a religious event, or attendance at an event related to a student's nationality, ethnicity or heritage that has been approved by the principal.

SECTION 16 RESIDENTIAL ELIGIBILITY

A. Initial Residential Eligibility

A student has residential eligibility upon initial enrollment in: (See also CIF Bylaw 201.A., and CIF San Francisco Section Bylaws Part II, Section 11(A) for definition of enrollment)

1. The 9th grade of any California Interscholastic Federation high school, a California Interscholastic Federation junior high school, or a junior high school under provisions of CIF Bylaw 303, CIF San Francisco Section Bylaws Part III, Section 3 and 3.1; OR
2. The 10th grade of any California Interscholastic Federation high school from 9th grade of a junior high school in the United States.

B. Continuing Residential Eligibility – See also Bylaw Part II, Section 11(A)

A student retains residential eligibility as long as he/she is continuously enrolled in the CIF member high school in which the student initially enrolled.

C. Valid Change of Residence

A student may be determined to be residentially eligible when a student, whose parent(s)/guardian(s)/caregiver with whom the student was living when the student established residential eligibility at the prior school, completes a valid change of residence as described herein when the following conditions are met:

1. A valid change of residence must be made FROM a residence located in the public high school attendance area, (School A's attendance area) even if the student is not currently attending nor ever has attended the school in which attendance area they reside, TO another public high school's attendance area. (School B's attendance area).
2. School A may be a CIF-member school or a non-CIF-member school or may be a school located outside of the United States.

3. Definition of a Valid Change of Residence

A valid residence is defined as the location where the student's parent(s)/guardian(s)/caregiver (with whom eligibility has been established) live with that student and thereby have the use and enjoyment of that location as a residence. A valid change of residence for eligibility purposes requires the former residence to have been vacated by the entire family for use as its residence. For athletic eligibility purposes, a student (with the

student's parent(s)/guardian(s)/caregiver with whom residential eligibility has been established) may only have one primary valid residence at one time.

4. **Determination of What Constitutes a Valid Change of Residence**

Determination of what constitutes a valid change of residence depends upon the facts in each case. In determining that a valid change of residence occurred, the following facts must exist:

- a. The original residence must be abandoned as a residence by the immediate family. The new school is responsible for validating this fact; AND
- b. The student's entire immediate family must make the change of primary residence and take with them the household goods and furniture appropriate to the circumstances. For eligibility purposes, a family unit may not maintain more than one primary residence; AND
- c. The change of primary residence must be genuine, without fraud or deceit and with permanent intent; AND

NOTE: A student whose family makes a valid change of residence into a new school's attendance area (See d. below) may be residentially eligible for varsity competition upon receipt and recording of a CIF Form (please use respective CIF Section Form – **NOTE:** the CIF San Francisco Section Form is Form 206/510) by the CIF Section of the student's new school. A subsequent move into a different school boundary by the family (or other family members) during the next 12 calendar months will result in the student being declared ineligible until cleared for competition by the Section Commissioner.

- d. A request for transfer eligibility based on a valid change of residence by the student's entire immediate family must be supported by documentation. Documentation may be cumulative and no single document or any combination of documents listed below will be considered as definitive that a valid change of residence occurred. The documents must support a finding by the Section that a valid change of residence by the student's entire immediate family occurred prior to participation at the new school; that the previous residence was vacated as required above in paragraphs a., b. and c. and that the family no longer has the use and enjoyment of that former residence. The Section Commissioner and school may request additional documents they deem necessary to establish that a valid change of residence occurred as defined above. Evidence may include:

- Property tax receipts;
- Bank account statements;
- Credit card statements

The Section Commissioner and/or school have the discretion to request additional documents that he/she deems necessary to confirm change in residency. Examples may include:

- Real estate documents indicating and verifying a change of residence (sale and purchase, for instance);
- Court documents indicating a change of residence;
- Declaration of residency executed by the student's parent(s)/guardian(s)/ caregiver;
- Operative telephone and utility service at the student's new residence and terminated at the former residence;
- Utility service receipts;
- Proof of paying for utilities at the new residence including phone, gas, electricity, water, cable television, and garbage collection;
- Proof of submitting a change of address to the U.S. Postal Service to receive mail at the new residence;
- Proof of transfer of the parent(s)/guardian(s)/caregiver and age-appropriate student's motor vehicle registration;
- Proof of changed address on the parent(s)/guardian(s)/caregiver and age-appropriate student driver's license;
- Voter registration listing the new address;
- Proof of entering a long-term lease (minimum of 12 calendar months);
- Rent payment receipts;
- Declaration of residency executed by the student's parent(s)/guardian(s)/ caregiver.

The Section Commissioner and/or school have the discretion to request additional documents that he/she deems necessary to confirm residency.

5. **Change in School Enrollment Made in Anticipation of a Valid Change of Residence**

If a student transfers to a high school in advance of the anticipated change of residence by the student's parent(s)/guardian(s)/caregiver with whom the student was living when the student established residential eligibility, the student shall become eligible when the parent(s)/guardian(s)/caregiver actually complete a valid change of residence to that school's attendance area.

6. **Choice of Schools After a Valid Change of Residence**

A student choosing a school after making a valid change of residence in accordance with CIF's definition of valid change of residence has a choice for residential eligibility as follows:

- a. **Remaining at the same School:** Continued attendance at the previous school (School A) maintains residential eligibility at School A as long as the student has remained enrolled in the same school under a district/school approved enrollment process (i.e., inter or intra or senior privilege etc. district/school program); OR
- b. **Changing Schools:** A student must make a valid change of residence out of the public school (School A) attendance area in which their former family residence was located and into another public school's attendance area (School B) (this is true even if the student was not attending public school A but was enrolled in a private school or a charter school). Changing schools following such a valid change of residence will result in full residential eligibility if the following conditions are met:
 - (i) Student enrolls, attends, and/or is carried on the attendance roll at the new public school (School B) into whose attendance area the family moved, or another public school in accordance with the district(s) policies or a private school or a charter school; AND
 - (ii) The student changes schools immediately following the family valid change of residence or no later than the beginning of the next school year following that family move; AND
 - (iii) The new school verifies the family valid change of residence of the family; AND
 - (iv) A CIF form 206 documenting the new school's verification of a the family's valid change of residence is completed by the new school and family and received by the CIF Section within 30 days of the valid change of residence and recorded by the respective CIF Section.

- 6.1. For the purposes of this Bylaw, San Francisco Unified School District students' attendance areas shall be governed by the school assignment and open enrollment policies of the San Francisco Unified School District.

7. **Valid Change of Residence After a Discipline Situation**

Such a student will not be granted residential eligibility except as outlined in CIF Bylaw 209 if the student is changing residence and schools, voluntarily or if compelled by the former school or district, as a result of a disciplinary situation at the previous school.

8. **Pre-Enrollment Contact:**

Such a student will not be granted residential eligibility until the Pre-Enrollment Contact Affidavit with the CIF Form (please use local CIF Section Form – **NOTE:** the San Francisco Section form is Form 206/510) is completed by the family and school, received and recorded by the CIF Section, verifying there is no evidence of the use of undue influence (recruiting) by anyone associated with either school in order to procure the student's enrollment in the new school. (See also (10) below and CIF Bylaw 510)

9. **Same Sport at Two Different Schools**

No student shall be eligible to participate in the same sport at two different schools in the same school year unless the student changed schools as a result of a valid change of residence. In the event of a change of schools due to a valid change of residence, a student will be allowed to participate in the same sport at two different schools not to exceed, in total, the maximum number of contests in that sport as established by the CIF and/or the CIF Section.

10. **Athletically-Motivated Valid Change of Residence**

If a student completes a valid change of residence as provided in CIF Bylaw 206.C.(1-5), CIF San Francisco Section Bylaws Part II, Section 16(C)(1-5), a student may not be eligible to participate at the varsity level if there is evidence the move was athletically motivated or the student enrolled in that school in whole or in part for athletic reasons (See CIF Bylaw 200; 510.B.-E., CIF San Francisco Section Bylaws, Part II, Section 10 and Part V, Section 10(B-E))

Q: What is meant by an athletically motivated move or transfer?

A: Based on the CIF philosophy that the "student attend school to receive an education first; athletic participation is secondary" (CIF Bylaw 200 A.(2), CIF San Francisco Section Bylaws Part II, Section 10(A)(2)), individual Section Offices may limit eligibility for a student when there is evidence the transfer, or move is made to acquire athletic participation at School B. Such evidence of an athletically motivated move may be, but is not limited to:

- Transferring to a School after Participating on a Non-School Athletic Team, Camp or Clinic Associated with the School.
- Transferring to a School Where a Former High School Coach Has Relocated.
- A demonstrated move or transfer that is prompted by association with club programs or outside agencies that use the facilities of the new school.

- Evidence that multiple students have transferred or changed schools to participate in a particular sports program at one (1) school.
(Revised April 2017 Federated Council)

SECTION 17 TRANSFER ELIGIBILITY

A. Determination of Transfer Student Status-Standards of Enrollment - See Also Bylaws Part II, Section 11(A)(3)

1. A student shall be considered to be a transfer student when:
 - a. the student has attended class at their former school (School A);
AND/OR
 - b. the student has played in an athletic contest for their former school; AND/OR
 - c. the student has tried out for or practiced with a team prior to the beginning of the school year for 5 days or more; AND
 - d. that student withdraws from School A or has completed the courses in which they were enrolled in at School A, so that student is no longer enrolled in any way at School A; AND
 - e. that student enrolls as a full-time student in a new school (School B).

THEN
that student shall be determined to be enrolled in and having transferred to School B if all conditions of CIF Bylaw 201.A.(1) (CIF San Francisco Section Bylaws Part II, Section 11(A)(1)) are met.
2. Students may not practice with or participate in an interscholastic athletic contest for the new school prior to establishing enrollment in the new school meeting these enrollment standards except if they are transferring at the beginning of the school year and practice for that season of sport begins prior to the first day that school and classes begin. These conditions must be met even if prior to this such a student has registered for classes and/or paid a non-refundable registration fee to the new school.
 - a. For eligibility purposes, students cannot have dual enrollment in two different schools at the same time. During the time a student is intending to transfer schools, has registered for classes at the new school and/or paid a non-refundable registration fee at the new school, but still remains enrolled in the former school, the student will be considered to be enrolled in the former school. Only at such time as the student has withdrawn from or has completed the courses in which they were enrolled at the former school, and is no longer enrolled in any way at the former school, shall that student be considered as having transferred to the new school. This applies to 8th graders matriculating the following school year to 9th grade in a CIF member school.
3. No one associated with the athletic program at the new school may perpetrate any violation of CIF Bylaw 510 (CIF San Francisco Section Bylaws Part V, Section 10) or have inappropriate pre-enrollment contact as outlined in CIF Bylaw 207.B (CIF San Francisco Section Bylaws Part II, Section 17(B)) or CIF Bylaw 510 (CIF San Francisco Section Bylaws Part V, Section 10) prior to their enrollment in the new school as defined above. (See also CIF Bylaw 201.A(4), CIF San Francisco Section Bylaws Part II, Section 11(A)(4))

Q: What is meant by an athletically motivated move or transfer?

A: Based on the CIF philosophy that the “student attend school to receive an education first; athletic participation is secondary” (CIF Bylaw 200 A.(2), CIF San Francisco Section Bylaws Part II, Section 10(A)(2)), individual Section Offices may limit eligibility for a student when there is evidence the transfer, or move is made to acquire athletic participation at School B. Such evidence of an athletically motivated move may be, but is not limited to:

- Transferring to a School after Participating on a Non-School Athletic Team, Camp or Clinic Associated with the School.
- Transferring to a School Where a Former High School Coach Has Relocated.
- A demonstrated move or transfer that is prompted by association with club programs or outside agencies that use the facilities of the new school.
- Evidence that multiple students have transferred or changed schools to participate in a particular sports program at one (1) school.

(Revised April 2017 Federated Council)

B. CIF Transfer Rule

All students transferring at any time during their enrollment in high school, to a CIF member school after their initial enrollment in the 9th grade in any school (referred to as Former School or School A) shall have their eligibility determination made in compliance with CIF Bylaw 207.B. (CIF San Francisco Section Bylaws Part II, Section 17(B)) except:

- Those students making a valid change of residence (CIF Bylaw 206, CIF San Francisco Section Bylaws Part II, Section 16); OR
- Those students transferring to or from a CIF member school under the auspices of a CIF-approved foreign exchange program (CIF Bylaw 208, CIF San Francisco Section Bylaws Part II, Section 18); OR
- Those students transferring as a result of discipline (CIF Bylaw 209, CIF San Francisco Section Bylaws, Part II, Section 19).

NOTES:

Emancipated Minors: This bylaw also applies to students 18 years of age or older and emancipated minors. AND **No Child Left Behind Act:** Students transferring to another school under any provision of the federal legislation “No Child Left Behind Act” are not residentially eligible at their new school. However, a student may become eligible under the provisions of the appropriate Section and State CIF Constitution and Bylaws.

Boarding School: A high school student who transfers to or from the status of a full time resident at a 24-hour boarding school shall be subject to all provisions of CIF State Bylaw 207 with the exception of those making a valid change of residence (CIF State Bylaw 206).

Q: Is a boarding school student eligible to apply for the Sit Out Period assuming they meet all provisions of CIF State Bylaw 207.B.(5), CIF San Francisco Section Bylaws Part II, Section 17(B)(5)?

A: Yes, assuming the student meets all provisions of CIF State Bylaw 207.B.(5).b, CIF San Francisco Section Bylaws Part II, Section 17(B)(5).

(Approved April 2018 Federated Council)

1. **Mandatory Applications for Eligibility Determination**

All such transfer students addressed in 207 must complete the respective CIF Section-required Application form (please use local CIF Section Form – note: the CIF San Francisco Section form is Form 207/510). This form must be submitted to the CIF Section for an eligibility determination which the CIF Section Commissioner shall render in writing within twenty (20) business days of receipt unless a shorter timeframe has been so designated. No transfer student is eligible to compete for their new school of enrollment until a determination has been made by their respective CIF Section. (See also CIF Bylaws 501, 510 and 700, CIF San Francisco Section Bylaws Parts V, Section 1 and 10, and CIF San Francisco Section Bylaws Part VII, Section 0)

2. **Pre-Enrollment Disclosure Requirements**

(See also CIF Bylaws 201.A.(1) & (4) and 510, CIF San Francisco Section Bylaws Part II, Sections 11(A)(1) and (4), and Part V, Section 10)

Any and all pre-enrollment contact of any kind whatsoever with a student must be disclosed by the student, parent(s)/guardian(s)/caregiver, and the schools involved to their respective CIF Section office on a completed CIF Pre-Enrollment Contact Affidavit (please use the local Section form – note: the CIF San Francisco Section form is Form 510). Pre-enrollment contact may include, but is not limited to: any communication of any kind, directly or indirectly, with the student, parent(s)/guardian(s)/caregiver, relatives, or friends of the student about the athletic programs at a school; orientation/ information programs, shadowing programs; attendance at outside athletic or similar events by anyone associated with the school to observe the student; participation by the student in programs supervised by the school or its associates before enrollment in the school per CIF Bylaws 201.A.(1) & (4), CIF San Francisco Section Bylaws Part II, Sections 11(A)(1) & (4).

3. **Transfers to a CIF-Member School (described as New School or School B) From Schools (described as Former School or School A) Located in the United States, a U.S. Territory, Canada or a U.S. Military Base (referred herein as Domestic Transfers)**

Such transfer students who meet all other requirements for eligibility outlined in Bylaws, will be granted unlimited residential eligibility in all sports at all levels at the new school EXCEPT

- a. in any sport(s) in which the transfer student has competed at any level at the former school(s), in the twelve calendar months immediately preceding their transfer to the new school, the student will be limited to sub-varsity (limited) eligibility in those sports.
- b. no student shall be eligible to participate in the same sport at two different schools in the same school year.
- c. if the transfer is determined to be athletically motivated. Athletically motivated transfers may be considered prima facie evidence that the student enrolled in that school in whole or in part for athletic reasons and cause the student to be ineligible for participation in those sports in which the student participated at the former school as outlined in CIF Bylaws 510 and 207.C, CIF San Francisco Section Bylaws Part V, Section 10 and Part II, Section 17(C).

- d. The transfer is not determined to be based upon a disciplinary situation. (See CIF Bylaw 209 and CIF San Francisco Section Bylaws Part II, Section 19)
- e. The student meets all other provisions of all CIF Bylaws.

The student shall have unlimited residential eligibility for all sports at all levels under CIF Bylaw 207 (CIF San Francisco Section Bylaws Part II, Section 17) after having been enrolled for 12 calendar months from the date of transfer to the new school or in the case where the student returns to the previous school of eligibility as stated below:

When a student eligible in School A transfers to School B or any subsequent school and is residentially not eligible, the student may return to School A and shall be determined to be residentially eligible for unlimited participation in interscholastic sports provided the student did not participate in an interscholastic athletic contest while at School B or any subsequent school.

(Approved April 2018 Federated Council).

NOTE: Refer to (5) below for applications for transfer eligibility limitations determinations and exceptions.

4. **International Transfers Not in a CIF-Approved Foreign Exchange Program**

Students who transfer to a CIF Member school (described as New School or School B) from:

- a. Any school (described as Former School or School A) which is located outside of the United States, a U.S. Territory, U. S. Military Base or Canada; AND
- b. Who are not enrolled in the CIF member school under the auspices of a CIF-approved foreign exchange program; AND
- c. who meet all other requirements for eligibility in Bylaws

THEN they may be granted unlimited residential eligibility in all sports at all levels at the new school except:

- (i) In any sport(s) in which the transfer student has competed at any level for a club or school team, in the twelve calendar months immediately preceding their transfer to the new school. The student will be limited to sub-varsity (limited) eligibility in those sports. For the purpose of this bylaw, any and all organized sports programs (e.g. youth teams, community teams, club teams, national teams at any level or individualized instruction for competition in development schools or programs) in which the international student competed on, or participated within the last 12 months, will be considered by the CIF in determining whether the student participated in the equivalent of interscholastic competition.
- (ii) No student who has participated with a club or school team as described in (i) shall be eligible to participate in the same sport at the CIF member school within the same 12 month period.
- (iii) If the transfer is determined to be athletically motivated. Athletically motivated transfers may be considered prima facie evidence that the student enrolled in that school in whole or in part for athletic reasons and cause the student to be ineligible for participation in those sports in which the student participated at the former school. (See also CIF Bylaw 510, CIF San Francisco Section Bylaws Part V, Section 10).
- (iv) International students who are not participating in a CIF approved foreign exchange program are not eligible for the Sit-Out Provision.

The student may be granted unlimited residential eligibility for all sports at all levels under CIF Bylaw 207 (CIF San Francisco Section Bylaws Part II, Section 17) after having been enrolled for 12 calendar months from the date of transfer to the new school.

In Addition, Such International Transfers Must:

- d. Possess a valid visa, allowing them to attend school, issued by the U.S. Immigration and Naturalization Service or be a U.S. citizen who has been attending the equivalent of a United States high school secondary educational program outside of the United States; AND
- e. Provide to the principal of the school he/she attends an official un-translated transcript and a transcript that is translated into English, by an agency acceptable to the Section from the National Association of Credential Evaluation Service (NACES) membership, which indicates work taken in all grades in which the student was enrolled; the grade level equivalent in the United States as if the international student had completed all courses attempted satisfactorily; and the California grade-point average equivalent; AND
- f. If required, the international transfer student must pay tuition to the school/school district he/she attends as prescribed in Education Code Section 48052 et seq.; AND
- g. Be subject to the maximum of eight consecutive semesters bylaw (CIF Bylaw 204, CIF San Francisco Section Bylaws Part II, Section 14); AND
- h. Be subject to the age requirement bylaw (CIF Bylaw 203, CIF San Francisco Section Bylaws Part II, Section 13); AND

- i. Not have graduated from high school. If they should have graduated, or have completed the equivalent coursework for graduation from high school/secondary school, the student is ineligible to participate in CIF competition; AND
- j. Not have the school's coaching staff, paid or voluntary, serve as the resident family for the international transfer student.

NOTE: CIF Sections may require individual students to have their school records/transcripts from the school from which they are transferring evaluated by an outside agency at the students or school expense.
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5. **Applications for Transfer Eligibility Limitations Determinations and Exceptions**

The CIF recognizes that, in certain circumstances, students may transfer from one school to another due to a compelling hardship need or situation that is beyond a student's or their family's control. In response to such cases, the CIF allows for the CIF Section to make an exception to the limited eligibility status whenever they transfer and the case meets one of the hardship circumstances outlined in CIF Bylaw 207.B.(5)c.(vii) (CIF San Francisco Section Bylaws Part II, Section 17(B)(5)(c)(vii)). The first time a student transfers in high school, they may utilize the Sit Out Period exception covered in CIF Bylaw 207.B.(5)b. below (CIF San Francisco Section Bylaws Part II, Section 17(B)(5)) if they meet all of the conditions required. Any student whose transfer circumstances do not meet the conditions required by these two options, will have their residential eligibility determined in compliance with CIF Bylaw 207.B.(5)a. (CIF San Francisco Section Bylaws Part II, Section 17(B)(5)(a)) as long as they meet the conditions required in that CIF Bylaw.

(Revised April 2018 Federated Council)

a. **Limited Eligibility Applications**

Any student who submits a limited eligibility application to their respective CIF Section may be made eligible to play at the sub-varsity level in any sports in which they have participated at any previous school in the twelve months prior to this transfer under the following conditions:

- (i) The student was academically eligible at the time of transfer from the former school. Students who are academically ineligible at their previous school will not be eligible to compete at their new school until the requirements in CIF Bylaw 205 (CIF San Francisco Section Bylaws Part II, Section 15) are met and the new school has completed a grading period to verify that the student has met the CIF and school district academic eligibility requirements. A student cannot gain academic probation at the new school to fulfill this requirement if not available at prior school; AND
- (ii) The principal of the former school attests in writing that the move was not made in violation of CIF Bylaw 510; AND
- (iii) The student is not transferring either voluntarily or because their former school has determined they must withdraw, because of a disciplinary infraction at the former school as defined in CIF Bylaw 209.C.(1), CIF San Francisco Section Bylaws Part II, Section 19; AND
- (iv) The student is not found by the CIF Section to have transferred to a school where their former high school coach has relocated or where a club coach, with whom they have been associated, is coaching per CIF Bylaw 207.C.(4) or (5), CIF San Francisco Section Bylaws Part II, Section 17(C)(4) or (5); AND
- (v) No student shall be eligible to participate in the same sport at two different schools in the same school year unless the student changed schools as a result of a valid change of residence or pursuant to a hardship approved by their respective CIF Section; AND
- (vi) A completed CIF Bylaw 207/510 Limited Transfer Application is received by the respective CIF Section office and has been processed and approved; AND
- (vii) The student who is approved by their respective CIF Section office and competes in a contest at the sub-varsity level following such approval and before the Sit Out Period (SOP) dates described in B.(5)b.(viii) below, is ineligible for and may not compete at the varsity level in that sport for the remainder of that school year. This applies through the end of any Section, Regional or State championship finals in that sport.
- (viii) The student has not been determined by their respective CIF/Section Office or the CIF to have made a transfer or change in schools in violation of Bylaw 510.

b. **Varsity Eligibility Applications (Non-Hardship Sit-Out-Period)**

Any student who transfers for the first time since their initial enrollment in the 9th grade in any school, or if the first transfer of schools for this student was granted due to an approved CIF hardship (See CIF State Bylaw 207.B.(5).c; also see CIF San Francisco Section Bylaws Part II, Section 17(B)(5)(c)), or a valid change of residence and whose circumstances causing the transfer do not meet any of the Hardship Exceptions outlined in c.(viii), may become eligible for varsity competition for the sport(s) in which they competed in the last twelve months at the former school or any other school, upon submission, review and approval by their respective CIF Section under the following provisions:

- (i) This is the student's first transfer since they first enrolled anywhere in the 9th grade or had their first transfer determined to be a CIF hardship circumstance (CIF State Bylaw 207.B.(5).c; CIF San Francisco Section Bylaws Part II, Section 17(B)(5)(c)); or a valid change of residence AND
- (ii) The student was academically eligible at the time of transfer from the former school; AND
- (iii) The principal of the former school attests in writing that the move was not made in violation of CIF Bylaw 510; AND
- (iv) The student is not transferring either voluntarily or because their former school has determined they must withdraw, because of a disciplinary infraction at the former school as defined in CIF Bylaw 209.C.(1) (CIF San Francisco Section Part II, Section 19(C)(1)); AND
- (v) The student is not found by the CIF Section to have transferred to a school where their former high school coach has relocated or where a club coach with whom they have been associated is coaching, per CIF Bylaw 207.C.(4) or (5) (CIF San Francisco Section Bylaws Part II, Sections 17(C)(4) or (5)); AND
- (vi) The student has not been determined by their respective CIF/Section Office or the CIF to have made a transfer or change in schools in violation of Bylaw 510; AND
- (vii) No student shall be eligible to participate in the same sport at two different schools in the same school year; AND
- (viii) The student has not competed at the new school at the sub-varsity level in that sport following the transfer during the current school year; AND
- (ix) The student shall remain out of any competition at any level in each sport in which they competed in the last 12 months at the former school or any other school in accordance with the following Sit Out Periods (SOP):
The Sit-Out Period will be 50% of the total number of days in that particular season of sport. The number of days in a season is determined by each Section in accordance with their first allowable competition date through the final regular season competition date. If the total number of days in a season is an odd number, then the Sit-Out period would be 50% plus one additional day.
(Revised October 2017 Federated Council)

NOTE: The SOP date for each sport is on file in the CIF San Francisco Section office and shall be made available to all schools.

- The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started. The respective CIF Section Office will provide the actual date once the proper forms are received, reviewed and approved.

Q: *My son was denied the Sit-Out-Period. May we appeal this ruling?*

A: No

Q: How is the SOP determined for a Traditional Competitive Cheer transfer?

A: Because the CIF recognizes Traditional Competitive Cheer programs in each of the three (3) seasons of CIF Competition, transfers seeking the SOP for Traditional Competitive Cheer will work directly with their Section office on a case by case situation.

c. Unlimited Eligibility Applications

Exceptions to the determination of limited eligibility under CIF Bylaw 207.B. (application for unlimited residential eligibility in all sports) may be applied for by the new school (please use local CIF Section Form – **NOTE:** the San Francisco Section form is Form 207/510) on behalf of the student. Consideration for unlimited residential eligibility will be given by the respective CIF Section upon review of the application only under the following provisions.

- (i) The student was scholastically eligible at the time of transfer from the former school. Students who are scholastically ineligible at their previous school will not be eligible to compete at their new school until the requirements in CIF Bylaw 205 (CIF San Francisco Section Bylaws Part II, Section 15) are met and the new school has completed a grading period to verify that the student has met the CIF and school district scholastic eligibility requirements. A student cannot gain academic probation at the new school to fulfill this requirement if not available at prior school; AND
- (ii) The student is NOT transferring, either voluntarily or because their former school has determined they must withdraw, because of a disciplinary infraction at the former school as

defined in CIF Bylaw 209.C.(1) (CIF San Francisco Section Bylaws Part II, Section 19(C)(1)); AND

- (iii) The student is not found by the CIF Section to have transferred to a school where their former high school coach has relocated or where a club coach, with whom they have been associated, is coaching per CIF Bylaw 207.C.(3) or (4) (CIF San Francisco Section Bylaws Part II, Sections 17(C)(4) or (5)); AND
- (iv) The student has not been determined by their respective CIF/Section Office or the CIF to have made a transfer or change in schools in violation of Bylaw 510 AND
- (v) The student has not competed at the new school at the sub-varsity level in that sport at any time following the transfer to the new school; [students who chose to play at the sub-varsity level under the provisions outlined in (5)(a). (LIMITED ELIGIBILITY APPLICATIONS) above may not subsequently be granted unlimited eligibility for that same sport during the same season at the new school; AND
- (vi) No student shall be eligible to participate in the same sport at two different schools in the same school year; AND
- (vii) A completed Unlimited Transfer Application (please use local CIF Section Form – note: the San Francisco Section form is Form 207/510) and documentation required by the CIF Section is received by the respective CIF Section office and has been processed, reviewed and approved; AND
- (viii) One of the following hardship circumstances is documented to the satisfaction of the respective CIF Section:
 - (a) **Court Ordered Transfers**
Unlimited eligibility may be granted by the CIF Section in which the student's new school is located in cases where a student is residentially placed from one (1) school attendance area to the attendance area of the new school by a court order or a child protection order and all provisions listed above in c.(i-vii) are met. The student may be determined to have unlimited residential eligibility upon receipt of the CIF application (please use local CIF Section form – note: the San Francisco Section form is Form 207/510) and sufficient documentation (including but not limited to a copy of the court order) to satisfy that CIF Section Commissioner that the circumstances meet this criteria. The student will become eligible for varsity competition upon notification to the new school of the approval of such an application by the CIF Section.
 - (b) **Children of Divorced Parents**
Unlimited eligibility may be granted by the CIF Section in which the student's new school is located when a student changes residence from one parent's domicile to the other parent's domicile as a result of a court-ordered custody change, or court ordered or approved joint custody agreements and all provisions listed above in c.(i-vii) are met. The student may be determined to have unlimited residential eligibility upon receipt of the CIF application (please use the local CIF Section form – note: the San Francisco Section form is Form 207/510) and sufficient documentation (including but not limited to a copy of the divorce papers and custody agreements) to satisfy that CIF Section Commissioner that the circumstances meet this criteria. The student will become eligible for varsity competition upon notification to the new school of the approval of such an application by the CIF Section.
 - (c) **Individual Student Safety Incidents**
Unlimited eligibility may be granted by the CIF Section in which the student's new school is located when a student is transferring as a result of a specific, documented safety incident in which the student was involved and all provisions listed above in c.(i-vii) are met. The student may be determined to have unlimited residential eligibility upon receipt of the CIF application (please use the local CIF Section form – **NOTE:** the San Francisco Section form is Form 207/510) and sufficient documentation is submitted to satisfy that CIF Section Commissioner that the circumstances meet this criteria. Required documentation may include, but is not limited to, administrative records and documentation from the former school about the specific safety incident that occurred at the former school and/or police records (if any). The student will become eligible for varsity competition upon notification to the new school of the approval of such an application by the CIF Section.
 - (d) **Discontinued Program**
When the former school, in which a student has been enrolled, discontinues a particular program in which the student had previously been enrolled or participated,

and that student transfers to another school because of these circumstances, the student shall be determined to be residentially eligible for unlimited participation in the new school provided that new school offers a continuation of that same program and the student can show documentation that they were enrolled in or participated in that program at the former school and are currently enrolled or participating in that same program at the new school.

(e) **Foster Children or Homeless Children**

A student who: (1) is under the court-ordered supervision of the California Foster Care System who has changed residences pursuant to a court order and as a result, has transferred schools, OR (2) is homeless as defined by 42 U.S.C. § 11302; shall be determined to be residentially eligible for unlimited participation in interscholastic athletics provided all other CIF rules and regulations are met. Under circumstance (1), a change of residence ordered by a social worker of the California Foster Care System shall be acceptable, provided all other CIF rules and regulations are met. Under circumstance (2), a determination by a Local Education Agency that the student meets the definition of homeless shall be acceptable, provided all other CIF rules and regulations are met. A subsequent transfer of schools by a homeless student while continuing to reside in the same residence/locale where the LEA declared the student homeless is subject to the transfer provisions of Bylaw 207. Section Commissioners shall render eligibility determinations for foster children and homeless children within fifteen (15) business days of receipt.

(f) **Military Service**

A student shall be determined to be residentially eligible for unlimited participation interscholastic athletics when returning from military service provided:

- The student was eligible when the student entered into the Armed Forces; AND
- The student enrolls in the same school which the student attended before leaving for the service, or enrolls in the school in the district in which the student's parent(s)/guardian(s)/caregiver reside; AND
- The student enrolls in the school no later than the succeeding semester after being discharged; AND
- Provided student did not receive a dishonorable discharge; AND
- The student is fully eligible under all other rules of the CIF.

(g) **Married Status**

A student who marries and lives with the student's spouse shall be determined to be residentially eligible for unlimited participation in interscholastic athletics in the school in the attendance area in which the student and their spouse resides.

(h) **Board of Education Ruling**

A student, or group of students, who transfer as a direct result of a ruling by the Board of Education of a school district that has two or more high schools and which mandates a change of school attendance boundaries shall be determined to be residentially eligible for unlimited participation in interscholastic athletics in the school in the attendance area in which the student(s) are required to attend, provided the Board of Education Ruling is not a result of a disciplinary situation.

d. **Appeals**

All eligibility determinations made by the respective CIF Section office under the provisions of CIF Bylaw 207.B.(5)c (CIF San Francisco Section Bylaws Part II, Section 17(B)(5)(c)), are final as all of these hardship circumstances are factual in nature and can be documented. Students whose eligibility determinations are made because they do not meet one of the criteria outlined below in CIF Bylaw 207.C.(CIF San Francisco Section Bylaws Part II, Section 17(C)) or in CIF Bylaw 510 (CIF San Francisco Section Bylaws Part V, Section 10) may appeal that portion of their eligibility determination in accordance with CIF Bylaw 1100 (CIF San Francisco Section Bylaws Part X). Students may appeal a determination by their respective CIF Section if they have been found to not meet the following criteria:

- (i) CIF Bylaw 207.B.(5)a.(iv) or b.(v) or c.(iii) (See CIF San Francisco Section Bylaws Part II, Sections 17(B)(5)(a)(iv) or (b)(v) or (c)(iii)).

(Revised April 2017 Federated Council)

C. **Pre-Enrollment Communication or Contact (Domestic & International Transfers)**

A student who transfers from School A to School B, as described in CIF Bylaws 207.A. and 207.B. and CIF San Francisco Section Bylaws Part II, Sections 17(A) and (B) above, shall not be eligible for interscholastic athletics at School B until application, under the appropriate CIF Section procedures, is completed, including the following:

1. **Mandatory Parent/Student Certification**

(See also CIF State Bylaws 201.A(1) & (4), 207.B(2) and 510; and CIF San Francisco Section Bylaws Part II, Sections 11(A)(1) & (4), and Part V, Section 10)

Any and all pre-enrollment contact of any kind whatsoever with a student must be disclosed by the student, parent(s)/guardian(s), caregiver, and the schools involved to their respective CIF Section office on a completed CIF Pre-Enrollment Contact Affidavit (CIF Form 510). Pre-enrollment contact may include, but is not limited to: any communication of any kind, directly or indirectly, with the student, parent(s)/guardian(s)/caregiver, relatives or friends of the student about the athletic programs at a school; orientation/information programs, shadowing programs; attendance at outside athletic or similar events by anyone associated with the school to observe the student; participation by the student in programs supervised by the school or its associates before enrollment in the school per CIF State Bylaws 201.A(1) and (4) (CIF San Francisco Section Bylaws, Part II, Sections 11(A)(1) and (4)).

2. **Mandatory Former School Certification**

The principal and athletic director of School A shall attest that to the best of their knowledge they have no credible evidence* of any person: who is connected with the athletic department of School B; who is part of the booster club of School B; or who is acting on their behalf, having communication, directly or indirectly, through intermediaries or otherwise, with the transfer student, student's parent(s)/guardian(s)/caregiver, or anyone acting on behalf of the student, prior to the completion of the enrollment process.

Definition of Credible Evidence

*Credible evidence is considered as evidence which proceeds from a trustworthy source; evidence which is so natural, reasonable and probable as to make it easy to believe; information which is obtained from authentic sources or from the statements of persons who are not only trustworthy, but also informed as to the particular matter; that which is not mere speculation, or rumor.

3. **Mandatory New School Certification**

The principal, athletic director and head coach of School B shall certify that to the best of their knowledge, no person: who is connected with the athletic department of School B; who is part of the booster club of School B; or who is acting on their behalf, has had communication, directly or indirectly, through intermediaries or otherwise, with the transfer student, student's parent(s)/guardian(s)/caregiver, or anyone acting on behalf of the student, prior to the completion of the enrollment process.

4. **Club Coach Association with new School (student transfers to a new school which a coach from the student's non-CIF sports participation experience is associated)**

The transfer of a student from his or her current school of attendance with or without a valid change of residence (CIF Bylaw 206 and CIF San Francisco Section Bylaws Part II, Section 16) to any CIF member high school where the student participated, during the previous 24 months, on a non-school athletic team, (i.e. AAU, American Legion, club team, etc.) that is associated with the new school in the sports previously participated in shall be considered prima facie evidence (sufficient evidence) of undue influence/recruiting by the school to which the student transfers. Such transfer may be considered prima facie evidence (sufficient evidence) that the student enrolled in that school in whole or part for athletic reasons. A team associated with the school is one that is organized by and/or coached by any member of the coaching staff at, or any other person associated** with, that school and/or on which the majority of the members of the team (Participants in practice and/or competition) are students who attend that school. When a prima facie case (sufficient evidence) of undue influencing/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at any school in the last twelve months and/or the sport with which the coach referenced herein is associated, unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

Definition of Persons Associated With School

**Defined as: Persons associated with a school include, but are not limited to; current or former coaches, current or former athletes, parent(s)/guardian(s)/caregiver of current or former student/athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees, coaches who become employed, active applicants for

coaching positions, and persons who are employed by companies or organizations that have donated athletic supplies, equipment or apparel to that school.

5. **Relocation of Former High School Coach (Domestic and International Transfers)**

A student at any grade level who transfers to a new school within one calendar year of the relocation of his/her former high school coach to that school with or without a corresponding valid change in residence shall be considered prima facie evidence (sufficient evidence) of undue influence/recruiting by the school to which the student transfers or may be considered prima facie evidence (sufficient evidence) that the student enrolled in that school in whole or in part for athletic reasons (See CIF Bylaw 510 and CIF San Francisco Section Bylaws Part V, Section 10). When a prima facie case (sufficient evidence) of undue influence/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at any school in the last twelve months and/or the sport with which the coach referenced herein is associated, unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

6. **Athletically Motivated Transfers (Copied from CIF State Bylaw 510.E)**

The CIF, as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council.

As stated in CIF Bylaw 200.A.(6), the CIF Bylaws shall serve as a deterrent to students who transfer or change schools for athletic reasons and to individuals who attempt to recruit (unduly influence) student-athletes or their parents to enroll in a school because of athletics.

As stated in CIF Bylaw 200.A.(2), the CIF Bylaws reinforce the principle that students attend school to receive an education first; athletic participation is secondary. CIF Bylaws provide for individual Section Offices to limit eligibility for a student when there is evidence the transfer, or move is made to acquire athletic participation at their new school (School B).

Students may be determined by their respective CIF/Section Office or the CIF to have made an athletically motivated transfer or change in schools under any of the basis listed in CIF Bylaw 510.E(1) – (3).
(Revised April 2017 Federated Council)

7. **Disclosure**

Any pre-enrollment communication as described above must be disclosed in full, and in writing, to the appropriate Section. The Section Commissioner shall determine if the pre-enrollment communication is a violation of CIF Bylaw 510.

8. **Clearance of Pre-Enrollment Contact**

A student with whom contact or communication has occurred, as described in subsection C(1) above, and who meets all other CIF Section transfer waiver requirements, may become eligible upon determination that:

- a. The communication was completely unrelated to any aspect of School B; AND
- b. Was of a type that, from the objective point of view of a reasonable person disinterested in the win/loss record of School B, does not have an effect upon the integrity of interscholastic athletics at School A or School B.

9. **Penalties**

Failure to disclose pre-enrollment communication with School B persons, identified in subsection C(2) above, to disclose any pre-enrollment contact, or communicate in writing to the appropriate Section as described in subsection C(3) above may result in:

- a. A forfeiture of all games in which the student participated; AND/OR
- b. Disqualification from playoff and championship competition for all seasons in which the student is a member of the school's team. (A student shall be considered a member of the school's team if he or she participated in any aspect of an interscholastic contest, no matter how brief such participation may have been); AND/OR
- c. Divestment from the school of all trophies, banners, and other indicia of athletic success obtained while the student was a member of the school's team.

10. Appeals

Students whose eligibility determination is made by the Section Commissioner that the prima facie evidence has not been successfully rebutted by sufficient proof to satisfy said Commissioner under the provisions of CIF State Bylaws 207.C(4), (5), or (6) and/or 510 may appeal that portion of their eligibility determination in accordance with CIF State Bylaw 1100

DEFINITION OF TERMS

Immediate Family — Includes parent(s)/guardian(s)/caregiver, stepparents and minor siblings with whom the student resided when Initial Residential Eligibility was established.

Initial Residential Eligibility — Under CIF rules and regulations, students establish their Initial Residential Eligibility at their school of choice entering the 9th grade or the 10th grade of a 3-year high school.

Limited Eligibility — Students granted limited eligibility are limited for one year (from the date of transfer) to non-varsity competition in the CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports.

Prima Facie — A legal term that means at first sight; on the first appearance; on the face of it; a fact presumed to be true unless disproved by some evidence to the contrary. A prima facie case is one in which the evidence presented is sufficient proof for the plaintiff (Section) to win its case of undue influence. In such a case, the defendant (school) must successfully refute the evidence for the student to gain eligibility.

SECTION 17.1 CIF SAN FRANCISCO SECTION ELIGIBILITY CHECKLIST

A school shall submit the CIF San Francisco Section's Eligibility Checklist for all students making a valid change of residence on or before the date that it submits the CIF San Francisco Section Eligibility List (See these Bylaws Part II, Sections 6 and 7: CIF San Francisco Section Eligibility List Regulations and Procedures, and Eligibility Checklist). A school shall submit the CIF San Francisco Section's Eligibility Checklist when it submits the required CIF Transfer Forms for all other transfer students. The CIF San Francisco Section Eligibility Checklist shall consist of the CIF's Eligibility Checklist supplemented by those questions that the CIF San Francisco Section has authorized to be included.

SECTION 18 TRANSFERS FROM A FOREIGN COUNTRY

A foreign exchange student is a transfer student from one school to another without a valid change of residence (See CIF Bylaw 206.C. and CIF San Francisco Section Bylaws Part II, Section 16(C)) under the auspices of a foreign exchange program.

A. Students Transferring to a CIF Member School Under The Auspices of a CIF-Approved Foreign Exchange Program.

Foreign Exchange students transferring under the auspices of a CIF-approved foreign exchange program from a school located outside the United States, a U.S. Military Base, a U.S. Territory, or Canada to a CIF member school may be granted unlimited residential eligibility for all CIF athletic competition if all of the following conditions apply:

1. Such student must be under the auspices of, and be placed with a host family in the United States by, a foreign exchange program that meets all the requirements listed below:

The program has been accepted for listing by the Council on Standards for International Educational Travel (CSIET); AND

The program has submitted a signed CIF Foreign Exchange Program Approval Request form:

 - a. Stating that their placement procedures for foreign exchange students are purely random with respect to athletic participation and school placement; AND
 - b. Stating that there shall be no school, coach, community, relative, or friend contact related to athletics regarding the enrollment of any student in a particular school; AND
 - c. Has been approved by the CIF; AND
 - d. The program has been recognized by the U.S. State Department and the California Office of the Attorney General and the Council on Standards for International Educational Travel (CSIET); AND
 - e. Any CIF-approved foreign exchange program that fails to fulfill the State CIF conditions for exempt status shall be subject to immediate suspension of its exempt status and subject to permanent loss of its exempt status after due process has been fulfilled. *All approved programs will be posted on the State CIF Web Site (www.cifstate.org)*

NOTE: Only foreign exchange programs registered with the California Office of the Attorney General and the U.S. State Department may place foreign exchange students in a California School (Government Code Section 12620 et seq.). The CIF-approved list of programs posted on the CIF Web Site reflects the programs approved by the CIF that are also registered with the California Attorneys General office, the U.S. State Department, and the Council on Standards for International Educational

Travel (CSIET). No other exchange programs will be recognized by the CIF as approved exchange programs for 2019-20.

2. A foreign exchange student shall have been placed with a host family in compliance with this bylaw and CIF Bylaw 510 (undue influence). Such student will have the choice of attending:
 - a. The public school in the host family's public school attendance area; OR
 - b. A private school located in the host family's public school attendance area; OR
 - c. To gain residential eligibility at any other school, the student must receive written approval from both the principal of the public school located in the host family's attendance area and the principal of the other school; OR
 - d. In the event of a change of placement by the CIF-approved foreign exchange program, a different public school or private school with written approval from the principal of the new school.

NOTE: A foreign exchange student is considered to be placed with a host family when written notice of placement is provided by the exchange organization to the student and his/her parent(s)/guardian(s)/caregiver, and to the host family;

3. Neither the school the foreign exchange student attends, nor any person associated with the school, shall have input into the selection of the foreign exchange student; AND
4. No foreign exchange student may play varsity sports if any member of the host family is a coach, paid or volunteer, at the school of attendance;
(Revised April 2018 Federated Council) AND
5. A foreign exchange student involved in an approved foreign exchange program where placement is not in accordance with State CIF conditions for exempt status is subject to loss of his/her residential eligibility (waiver of the transfer rule); AND
6. A foreign exchange student must possess a current visa, issued by the U.S. State Department; AND
7. A foreign exchange student must comply with all eligibility requirements set forth by the CIF and the Section having jurisdiction; AND
8. A foreign exchange student who graduated from high school is ineligible to participate in CIF competition, unless the educational program in the student's country completes high school (graduation) after the student's 10th or 11th year of regular schooling (not including pre-school or kindergarten classes), in which case the student may have CIF athletic eligibility through the 12th consecutive year of regular school attendance after initially enrolling in the first grade (not pre-school or kindergarten classes); AND
9. Foreign Exchange Students who change from a J-1 visa to any other type of visa that requires them to change schools, are subject to CIF Bylaw 207.B.(5)a. and c. and cannot be made eligible for 207.B.(5)b. (Sit Out Period) since this would constitute their second transfer; AND
10. A foreign exchange student participating in a CIF-approved foreign exchange program must comply with the maximum of eight consecutive semesters bylaw. A foreign exchange student who is not in compliance with the eight consecutive semesters bylaw may apply for a waiver under the bylaws established by the State CIF and the respective Section of the student's current CIF school; AND
11. A foreign exchange student must be eligible under all other State and Section bylaws; AND
12. All foreign exchange students in CIF-approved foreign exchange programs shall submit the appropriate waiver application(s) as required by their respective Section under CIF Bylaw 208 with a CIF Pre-Enrollment Contact Affidavit (CIF Form 510) signed by the student and a host parent (part 1), and the enrolling school official(s) (part 3). Foreign students in CIF-approved foreign exchange programs need not obtain signatures of officials from their former school; AND
13. A foreign exchange student who participates in an interscholastic athletic contest or is enrolled in and/or attended a class shall be considered to have been enrolled in that school and shall be classified as a transfer student if the student subsequently enrolls at another school.

B. CIF Students Transferring Back to a CIF Member School From Enrollment in a Foreign Exchange Program.

A Foreign Exchange Student who, after being enrolled in a CIF member school (referred to as school A), transfers under the auspices of a foreign exchange program to a school located outside the United States, a U.S. Territory, a U.S. Military Base or Canada (to be referred to as School B) and who, following completion of their foreign exchange program, transfers back to school A, may be granted unlimited residential eligibility for all CIF athletic competition when the following conditions are met:

1. The student is returning to the same CIF-member school in which they were enrolled immediately prior to their enrollment in the foreign school; AND
2. There is no evidence that the transfer to or from the foreign country was athletically motivated (See also CIF Bylaw 510 and CIF San Francisco Section Bylaws Part V, Section 10); AND
3. There is no evidence of the use of undue influence (recruiting) by anyone associated with either school or the foreign exchange program; AND
4. The CIF student is in compliance with all eligibility requirements set forth by the CIF and the Section having jurisdiction; AND
5. The CIF student who has participated in the foreign exchange program must comply with the maximum of eight consecutive semester bylaw. If a student has exceeded eight consecutive semesters of attendance upon return from the foreign exchange program, they may apply for a waiver under the bylaws established by the State CIF and the respective Section of the student's CIF-member school. All CIF students returning from enrollment in a foreign exchange program shall submit the appropriate waiver application(s) for approval as required by their respective Section.

C. Appeals

Appeals of eligibility involving foreign exchange transfer students from a foreign country, must be in accordance with all relevant provisions of the CIF appeal process as set forth in CIF Bylaw 1100.

SECTION 19 DISCIPLINE, EXPULSION, AND TRANSFER FOR DISCIPLINARY REASONS

A. Expulsion

A student who is expelled by a public school district in the State of California pursuant to the provisions of Education Code Section 48900 et seq., or from a public school from any other State, or any private or parochial school or district, shall be ineligible to practice, or compete with any CIF team or individual sport program that is under the jurisdiction of the California Interscholastic Federation (CIF) for the period of the expulsion .

B. Suspended Expulsion

A student who has been expelled and has the expulsion suspended by the school board or board of directors and remains at his/her current school may be eligible so long as all other CIF and Section requirements are met. The conditions under which this student may be eligible will be determined by the local school board or board of directors. If the student is deemed eligible to participate, the conditions of his/her eligibility must be sent to the appropriate Section office.

C. Disciplinary Transfer

1. If a student transfers from any public or private school when a disciplinary action is in place or pending that contributes in any way to the decision to transfer, that student shall be ineligible for competition in all sports for one year from the date of the transfer to the new school.
2. A student, permitted by the principal to return to the school compelling the disciplinary transfer, may be granted unrestricted athletic eligibility by the Section if the student did not participate in any athletic program at the transfer school; compete for the transfer school; and, at the time of the transfer, conditions for return were established by the school administration that include, but are not limited to:
 - a. Satisfactory attendance criteria;
 - b. Applicable behavior standards;
 - c. Academic performance standards; and,
 - d. Principal's approval of the return based upon documented evidence provided by the transfer school that the student satisfactorily complied with all conditions for return.

(Revised May 2005 Federated Council)

NOTE: Students determined to be ineligible under the provisions of this Section cannot appeal on the grounds that their expulsion, discipline, or pending discipline is invalid as the determination of eligibility is not a discretionary determination by the Commissioner or the Board of Managers of the CIF San Francisco Section.

SECTION 20 PHYSICAL ASSAULT

A. Student

Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest. A student may, after a lapse of 18 calendar months from the date of incident, apply for reinstatement of eligibility to the State Executive Director.

B. Coach

Any coach who physically assaults the person of a game or event official shall be considered to have violated CIF Bylaw 22 (Conditions of Membership) and, pending action by the building principal, subjects the member school to sanctions or loss of standing as a member. When a coach allegedly assaults a person of game or event official it is mandatory that the principal/designee notify the CIF Section Office within 48 hours (excluding holidays and weekends) after the receipt of the assault report notification. The competing schools and officials will be required to file written reports within 10 days of the incident. After reviewing the material, the principal of the school involved will be required to respond to the respective Section Office concerning his/her investigation of the incident.

NOTE: Definition of a Physical Assault: A physical assault is the intentional infliction of or an attempt to inflict a harmful or offensive touching or contact upon the person of an official. Note that the rule is violated even if no contact is made with the person of an official. Such conduct shall include verbal threats and/or intimidation either before, during, or after the contest. All that is required is the attempt. However, the act constituting the attempt must be accompanied by a specific intent, which may be inferred from the circumstances and nature of the act, to inflict a harmful or offensive touching contact of the official's person. (Approved May 2009 Federated Council)

SECTION 20.1 CIF SAN FRANCISCO SECTION PHYSICAL ASSAULT REPORTING AND PENALTIES

CIF San Francisco Section member schools shall report any assaults or batteries committed or allegedly committed by a player, team member, coach, administrator, teacher, team supporter or any other individual or group of individuals by 10:00 a.m. the first working day following the contest at which the assault, battery or alleged assault or battery occurred. Students who commit an assault upon a sports official shall be subject to the penalty provisions of these Bylaws Part II, Section 20(A) and Part IV, Section 4 (A). Coaches who commit an assault upon a sports official shall be subject to the penalty provisions of Part IV, Section 3 of these Bylaws. Players, team members, coaches, administrators, teachers, team supporters and any other individual or group of individuals who commit assaults or batteries against parties other than sports officials shall be governed by the provisions of Part IV, Section 3 of these Bylaws. In addition to penalties against individuals, a school may be subject to penalties pursuant Part II, Section 20(B) of these Bylaws where one of its coaches commits an assault against a sports official.

SECTION 21 CONTINUATION SCHOOL ELIGIBILITY

A. Current Eligibility

While enrolled in a continuation school, a student is only eligible to represent the continuation school of attendance.

B. Transfer Eligibility

A student who transfers from continuation school to the student's school of residential eligibility is eligible immediately provided:

1. The student is currently enrolled in the school of residential eligibility in at least 20 semester credits of work.
2. The student was currently passing in at least 20 semester credits of work or a maximum program in the continuation school when the student transferred to the school of residential eligibility.
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
4. The student has maintained during the previous grading period a minimum of passing grades which is defined as at least an unweighted 2.0 grade-point average, on a 4.0 scale, in all enrolled courses.

a. Probationary Period

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve said educational progress in

items (3) or (4) above in the previous grading period to remain eligible to participate in interscholastic activities during a probationary period. The probationary period shall not exceed one semester in length, but may be for a shorter period of time as determined by the governing board of the school district, private school, or parochial school. A student who does not achieve said educational progress, as defined in items (3) or (4), during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure should be the maximum as used in that school.

4.1. **CIF San Francisco Section Probationary Period Requirements for SFUSD Schools**

Students attending SFUSD schools may be granted a probationary period where they do not have a 2.0 GPA during the preceding report card period provided they meet the following standard for the preceding report card period:

- * At least a 1.50 GPA and 20 credits passed.
- * No unsatisfactory citizenship marks.
- * No more than 3 unexcused absences during the report card period.

A probationary period of eligibility shall last for one report card period. A student may extend this grant of eligibility if he/she receives at least a 2.0 GPA and is passing 20 credits of work at the end of the most recent report card period. However, the eligibility granted under a probationary period shall not be extended beyond the semester in which the initial probationary period is granted. The probationary period, if granted, is irrevocable and may be granted once and only once during the student's eight semesters of eligibility. Applications requesting a probationary period must be approved by the principal and the athletic director. Individual schools may choose not to offer the probationary period or to offer it based on more stringent qualifications than those listed above.

5. Student was eligible under all rules at the time student was transferred from student's school of residential eligibility to continuation school. Exception: if a student spends a full grading period or more in the continuation school and passes all required subjects which that continuation school considers to be a full program, even if it is less than 20 semester periods, the student is eligible immediately upon transfer to student's school of residential eligibility as long as the student meets the requirements of CIF Bylaw 205.B(1), CIF San Francisco Section Bylaws Part II, Section 15(B)(1).
6. Semesters of attendance at continuation school are to be counted as part of student's eligibility as defined in CIF Bylaw 204, CIF San Francisco Section Bylaws Part II, Section 14.
7. The student was not compelled to transfer to the continuation program for disciplinary reasons or the student was not administratively placed in the continuation program as a result of expulsion, suspended expulsion or rehabilitation program pursuant to re-admittance following expulsion. (If the student was compelled to transfer under disciplinary reasons please refer to the process under CIF Bylaw 209.C, CIF San Francisco Section Bylaws Part II, Section 19(C)). (Approved May 2003 Federated Council)

SECTION 22 AMATEUR STATUS

A. **CIF Sponsored Competition**

A student is governed by CIF amateur rules when the student participates in CIF competition. A student who violates CIF amateur or award rules shall be ineligible for CIF competition in that sport until appeal and reinstatement as an amateur by the CIF Federated Council. A student may apply to the CIF Federated Council for reinstatement when the student can again qualify as an amateur in that sport.

B. **Reinstatement of Amateur Status**

A student will become ineligible for CIF competition in a given sport if the student is determined to be a professional by the national sports governing body (NSGB) for the sport in question. A student may apply for reinstatement of his/her amateur status through the CIF Section in which the student competes. Any request for reinstatement must include a statement from the NSGB for the sport in question that the student's amateur status has been reinstated by the appropriate NSGB.

C. **Violations in CIF Sponsored Competition**

A student shall become ineligible for CIF competition in the respective sport and shall be penalized according to CIF Bylaw 212.A. and 212.B., CIF San Francisco Section Bylaws Part II, Section 22(A) and (B) for the following violations related to CIF competition:

(See **CAUTION** below)

1. Receiving, from any and all sources, athletic awards totaling more than \$250.00 in value for:
 - a. Accomplishments in any regular season CIF high school competition event;
NOTE: Typical examples of a regular season CIF high school competition event include, but are not limited to, any league or non-league dual contest and invitational tournament held prior to any season-culminating League, Section, Region and/or State Playoff competition.
 - b. A recognition award program, such as "Player of the Week"/"Month," for any regular season CIF high school competition.
2. Receiving, from any and all sources, athletic awards totaling more than \$500.00 in value for any post-regular season CIF high school competition or recognition program;

NOTE: For purposes of this Bylaw only, League, Section, Region and State Playoff competition is considered to be one continuous event.

NOTE: The dollar value of an award, exclusive of engraving, shall be determined by the following criteria:

- a. The retail price paid by the last purchaser in the acquisition of the award;
 - b. When the host school or League purchases the award, the retail price paid by the host school or League;
 - c. When the award is donated by another entity, the retail price paid by or cost to that entity.
3. Wearing a school team uniform or any identifying school insignia while appearing in any advertisement, promotional activity or endorsement for any commercial product or service;
 4. Lending his/her name and team affiliation for purposes of commercial endorsement. Any appearances by students for nonprofit organizations must be approved by the Board of Trustees concerned. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team or school affiliation;
 5. Accepting payment for loss of time or wages while participating in CIF competition;
 6. Receiving payment for coaching a team in CIF competition.

CAUTION: Compliance with these Bylaws does not ensure maintenance of eligibility under the eligibility standards of other athletic organizations (e.g. NCAA, NAIA, NJCAA, California Community College Association and National Sports Governing Body, etc.). Students desiring information on the amateur rules of other organizations must communicate with the respective organization.

(Revised May 2009 Federated Council)

SECTION 23 HARDSHIP WAIVERS OTHER THAN TRANSFER

A hardship is defined as an unforeseeable, unavoidable, and uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. Due to hardship circumstances experienced by the student, provided that the CIF Section has established rules and procedures regulating same, the following Bylaws may be waived, provided that the CIF Section has established rules and procedures regulating hardship waivers. Waivers granted by a Section are not transferable to another Section.

Applications to waive the following Bylaws must be submitted to the CIF Section for an eligibility determination, which the CIF Section Commissioner shall render in writing within twenty (20) business days of receipt. Section Commissioners shall render eligibility determinations for foster children and homeless children within fifteen (15) business days of receipt.

- A. Twenty-semester credit requirement (CIF Bylaw 205.C., CIF San Francisco Section Bylaws Part II, Section 15(C))
- B. Charged semester of attendance (CIF Bylaw 204, CIF San Francisco Section Bylaws Part II, Section 14)
- C. Age requirement (CIF Bylaw 203, CIF San Francisco Section Bylaws Part II, Section 13)

SECTION 23.1 PROCEDURE FOR HARDSHIP WAIVERS OTHER THAN TRANSFER

Due to hardship circumstances experienced by the student, the Bylaws set out in Part II, Section 23 may be waived by the San Francisco Section. To request a waiver, a school shall submit a request to the Commissioner in the manner established by the Commissioner. Schools may appeal the Commissioner's denial in the manner set out in Part I, Section 34 of these Bylaws.

SECTION 24 POST-INJUNCTION REMEDIES

If a student-athlete, who is ineligible under the terms of the Constitution, Bylaws or other legislation of the California Interscholastic Federation, is permitted to participate in interscholastic competition contrary to such CIF legislation, but in accordance with the terms of a court restraining order, stay, or injunction operative against the CIF and said injunction is subsequently voluntarily vacated, stayed, reversed or finally determined by the courts that injunctive relief is not or was not justified, the CIF or its Sections, may take any one or more of the following actions against the school in the interest of restitution and fairness to competing schools:

- A. Require that individual records and performances achieved during participation by such ineligible student-athlete shall be vacated or stricken;
- B. Require that team records and performances achieved during participation by the ineligible student-athlete shall be vacated or stricken;
- C. Require that individual awards earned during participation by such ineligible student-athlete be returned to the CIF, the sponsor or the competing institution;
- D. Require that team awards earned during participation by such ineligible student-athlete be returned to the CIF, the sponsor or the competing institution;
- E. Require that team victories achieved during participation by such ineligible student-athlete shall be abrogated and the games or events forfeited to the opposing schools;
- F. Make a determination of future ineligibility for one or more CIF championships, or playoff competition, in the sports in which the ineligible student-athlete participated;
- G. Make a determination of future ineligibility for invitational and postseason meets and tournaments in the sports in which the student-athlete participated;
- H. Require that a school which has been represented in a CIF championship or playoff event by an ineligible student athlete return its share of the net receipts from such competition in excess of the school's actual cash expenses with reference to such event or, if such funds have not been distributed to said school, require that said funds be withheld by the State Executive Director or Section Commissioner. Funds remitted or withheld pursuant to the above, shall be utilized by the CIF in either the State or Section scholar-athlete or drug abuse programs.
- I. When a student-athlete competing as an individual is declared ineligible subsequent to the competition, or a penalty has been imposed or action taken as set forth above, the student-athlete's performance shall be stricken from the championship's records, the points the student-athlete has contributed to the team's total shall be deleted, the team standings shall be adjusted accordingly and any awards involved shall be returned to the CIF. The placement of other individual competitors shall be altered appropriately.
- J. When a student-athlete representing a school in team events is declared ineligible subsequent to the competition, or a penalty has been imposed or action taken as set forth above, all records of the team's performance shall be deleted, the team's place in the final standings shall be vacated and the team's trophy, banner, patches and other indicia of victory shall be returned to the CIF. In the event the student-athlete's school has been previously declared champion, the runner up school shall be declared champion and all records adjusted accordingly.

SECTION 25 INTERCOLLEGIATE PARTICIPATION

A student who participates in an intercollegiate athletic contest prior to the completion of his/her eight consecutive semesters of high school eligibility shall be ineligible for high school participation in that sport for the duration of the student's high school enrollment. (See also CIF State Bylaws 600G and 702; CIF San Francisco Section Bylaws Part VI, Section 0(G) and Part VII, Section 2, and corresponding Q and As).

(Approved February 2003 Federated Council)

SECTION 26 GRADUATES

High school graduates are not eligible for California Interscholastic Federation competition and are not subject to California Interscholastic Federation rules except as noted below in subsections (A) and (B) of this Section, and in CIF Bylaws 216.A. and 216.B. A recent graduate game is outside the jurisdiction of the CIF.

A. **Mid-Year/Spring Graduation**

1. Mid-Year: Students completing graduation requirements mid-year and no longer enrolled become immediately ineligible for further CIF competition.
2. Spring: Students graduating at the end of a school's spring semester shall have continuing eligibility until all CIF spring competition is completed.

B. **California High School Proficiency Exam**

A student who successfully passes the California High School Proficiency Examination and withdraws from high school has one opportunity to re-enroll in high school and be eligible immediately for athletic competition provided the student:

1. was eligible under all rules of the CIF at the time of withdrawal from school; AND
2. Meets all rules of the CIF other than (a.) and (b.) under CIF Bylaw 205.B. (1) at the time of re-enrollment; AND
3. Re-enrolls in the same school which the student attended prior to withdrawal, or enrolls in the school of the attendance area to which the student's parents, legal guardian(s) or caregiver with whom the student was living when the student established residential eligibility have moved; AND
4. Is within four years of the student's first entry into the 9th grade.

(Revised May 2003 Federated Council)



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PART III

BYLAWS:

CIF STATE AND

CIF SAN FRANCISCO SECTION

SCHOOL REGULATIONS

SECTION 0 GENERAL PROVISIONS

A. Student Participation

Interscholastic sports teams composed of boys and/or boys and girls shall be conducted in accordance with these Bylaws. Girls' interscholastic sports teams shall be conducted according to these Bylaws, including certain additional rules and modifications pertaining to girls' sports teams and mixed (co-educational) sports teams.

B. Team Designations

Schools shall designate the type of team for each sport according to the following:

1. Student Team: Whenever the school provides only a team or teams for boys in a particular sport, girls are permitted to qualify for the student team(s).
2. Boys' Team: Whenever the school provides a team or teams for boys and a team or teams for girls in the same sport, girls shall not be permitted to qualify for the boys' team(s) in that sport, nor shall boys be permitted to qualify for the girls' team(s) in that sport.
3. Girls' Team: Whenever the school provides only a team or teams for girls in a particular sport, boys shall not be permitted to qualify for the girls' team in that sport unless opportunities in the total sports program for boys in the school have been limited in comparison to the total sports program for the girls in that school. Permission for boys to qualify for a girls' team must be secured through petition by the school principal to the State CIF Federated Council.
4. Mixed Team (Co-ed): Whenever the school provides a mixed or coed team in a sport in which the game rules designate either a certain number of team participants from each sex or contains an event that designates a certain number of participants from each sex, boys shall not be permitted to qualify for the girls' positions on the mixed team nor shall girls be permitted to qualify for the boys' positions on the mixed team.

C. Limitations

If a boys' team has been created in a sport after a boy has competed on a student team (See CIF Bylaw 300.B.(1)), CIF San Francisco Section Bylaws Part III, Section 0(B)(1) that boy must compete on a boys' team in that sport. If a girls' team has been created in a sport after a girl has competed on a boy's team or student team (See CIF Bylaws 300.B.(1) & (2), CIF San Francisco Section Bylaws Part III, Sections 0(B)(1-2)) in that sport, that girl must compete on the girls' team. (Approved May 1997 Federated Council)

D. Gender Identity Participation

Participation in interscholastic athletics is a valuable part of the educational experience for all students. All students should have the opportunity to participate in CIF activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. The student and/or the student's school may seek review of the student's eligibility for participation in interscholastic athletics in a gender that does not match the gender assigned to him or her at birth, should either the student or the school have questions or need guidance in making the determination, by working through the procedure set forth in the Guidelines for Gender Identity Participation, in policy section of the CIF State Bylaws.

NOTE: The student's school may make the initial determination whether a student may participate in interscholastic athletics in a gender that does not match the gender assigned to him or her at birth.
(CIF Bylaw 300.D. Approved February 2013 Federated Council)

SECTION 1 HOME STUDY, HOME SCHOOLING

Students who are not enrolled in programs under the jurisdiction of a member school's governing body are not eligible to participate in CIF competition. Such programs would include, but not be limited to, home schooling or home study wherein parent(s)/guardian(s)/caregiver, or other persons, are responsible for instruction and evaluation. (For information on independent study/home study programs, as per Education Code Section 51745 et. seq., See CIF Bylaws 301 and 302).

NOTE: Students denied eligibility pursuant to this provision may not appeal the San Francisco Section Commissioner's decision as this is not a matter over which the Commissioner has discretion.
(Adopted February 200 Federated Council/Revised May 2002 Federated Council)

SECTION 2 INDEPENDENT STUDY PROGRAMS

CIF defines independent/home study programs under the jurisdiction of a CIF-member school or school district as those

independent/home study programs in which the curriculum is approved, the program administered and the students evaluated by that school/school district's governing body's designees.

- A. A student enrolled in an Independent Study Program is eligible at the public school in whose attendance area his/her parent(s)/guardian(s)/caregiver reside, or where the student most recently established his/her residential eligibility provided that:
1. A student's registration is accepted by the local school board; AND
 2. The courses taken by the student meet the standards adopted by the local school board and Education Code Section 51745 et seq.; AND
 3. The administrative responsibility for the student involved in athletics would rest with the principal of the school for which the student is competing; AND
 4. The student meets all other eligibility requirements of the CIF and its member sections; AND
 5. For the purposes of determining dues, legal and liability assessments, realignment issues and State CIF and Section divisional placement, the enrollment figures for non-CIF member school/program students residing in the CIF member school's attendance area must be included in the CIF member school's CBEDS enrollment figures.

(Approved May 2003 Federated Council/Revised May 2008 Federated Council)

Q: Can a student involved in independent study play in interscholastic sports?

A: Yes, however that participation is subject to certain conditions. In order to be considered Independent Study, the program must exhibit the following characteristics:

1. The program must be subject to the administration at that school for which the student participates.
2. The local school governing body must approve/adopt the curriculum provided to the student.
3. The curriculum must meet CDE minimum standards for graduation.
4. A member of that school's teaching staff must perform teaching/administering the curriculum¹.
5. A member of that school's teaching staff must perform testing and grading of the student's progress.
6. The student's grades and performance are recorded on the school's transcripts.
7. The student must be enrolled in a minimum of 20 semester credits of work.

All of the above characteristics must be present for the student to have eligibility to participate at a CIF Member School.

¹**NOTE:** a member of the staff is considered a paid staff member employed by that school or school district and subject to the standards set forth by that governing body.

Q: Why can't home-schooled students participate in CIF interscholastic competition?

A: All students participating in CIF interscholastic competition are certified by the principal of the school to be eligible under all applicable standards. Students must meet minimum standards of academic eligibility, minimum credits per semester and must be making adequate progress towards graduation. Programs outside the purview of a school governing board and local school administration are unable to provide the necessary certification to ensure that all students met minimal academic requirements.

Q: What is meant by home-schooled?

A: Any program or instruction administered by a person other than a member of a school staff that is not approved and/or adopted by a local governing body. Any such program that has an *affiliation* with a school, but is not administered by members of that school's staff (meaning paid teaching staff) is considered a home-school program; students in home-school programs are not eligible for CIF interscholastic competition under CIF Bylaw 301.

Characteristics of Each:

Meets Bylaw 302 for Eligibility Independent Study Program	Does Not Meet Eligibility Requirements for Bylaw 302 Home-Schooled Program
Teacher(s) are under the local administrative control of the school principal/district administration	Teachers are parents or other non-school staff
Curriculum is adopted by the school's local governing board	Curriculum is chosen by the parents and is not specifically adopted by a local governing board
Grading and recording is performed by members of the school staff	Grading is done by a parent or other non-certified staff member
Student meets regularly with a staff member for assignment of work and grading	There is no regular meeting schedule with school staff members
Student is enrolled in a minimum of 20 semester credits of work	Student is not required to be enrolled an a specified number of credits
Student's enrollment is recorded as part of that school's ADA and is counted in CBDS reporting	Student's attendance is not reported
Curriculum meets minimum CDE requirements for graduation	Curriculum may not meet CDE minimum standards for graduation

SECTION 2.1 SFUSD INDEPENDENT STUDY PROGRAM(S)

A student enrolled in an SFUSD approved and administered independent study program may become eligible to participate in interscholastic athletics pursuant to the provisions of CIF San Francisco Section Bylaws Part III, Sections 3.1 and 3.2.

SECTION 3 MULTI-SCHOOL CIF MEMBERSHIP

- A. CIF member schools may allow only students currently enrolled as full time students, in grades 9-12, in their school, to participate in any CIF competition (See Bylaw 201).
- B. CIF member schools may apply for a change in membership status under the provision of this bylaw. Any CIF member school that wishes to allow participation on its team(s) by all the students, who are currently enrolled in any non-CIF member schools or programs which do not offer any interscholastic athletic programs, such programs or schools would include, but not be limited to, alternative schools (as defined in Education Code Section 58500 et seq. in compliance with the condition set forth in Bylaw 303), junior high schools (9th graders only), necessary small schools and charter schools, may request approval to do so under the following conditions:
1. Any such application submitted by a CIF member schools must be with a non-CIF member school that has a current California County-District-School Code (CDS Code) as a prerequisite to applying for multi-school status.
 2. The administrative responsibility for all students involved in athletics shall rest with the principal of the CIF member school for which the student(s) is competing. Such responsibility shall include:
 - a. Verification that residential eligibility of the student(s) is limited to the public school in whose attendance area his/her parent(s)/guardian(s)/caregiver reside; or where the student most recently established his/her residential eligibility or a private school; AND
 - b. Verification that students participating in the athletic program meet all the CIF member school scholastic eligibility requirements; AND
 - c. The regular grading period of the CIF member school shall be used to determine the scholastic eligibility of all students; AND
 - d. Determination that students participating in the athletic program meet all other eligibility requirements of the CIF, its Section, its league and the CIF member school; AND
 - e. Determination that private schools and charter schools entering a multi-school agreement with a public school or public school district meet the additional requirements set forth in E.-F. below.
 3. For the purposes of determining dues, legal and liability assessments, realignment issues and State CIF and Section divisional placement, the enrollment figures for non-CIF member school/program students residing in the CIF member school's attendance area must be included in the CIF member school's enrollment using the CBEDS enrollment figures.
 4. The application process must start with the principal of the CIF member school. Written certification that all the conditions listed above will be met, as well as approval, must be obtained from the following:
 - a. CIF member school principal; AND
 - b. CIF member school governing board(s); AND
 - c. Non-CIF member school or program administrator in charge; AND
 - d. Non-CIF member school governing board (if applicable)
 5. Additional approvals must be obtained, in the following order, from:
 - a. The CIF member school's league; AND
 - b. The CIF member school's Section; AND
 - c. The State CIF Executive Committee
 6. New and Renewal applications for multi-school teams under this bylaw must be filed annually.
 - a. **New applications**
 - (i) All new applications must be received in the State Office prior to May 31 of the current school year for approval for the following school year.
 - (ii) All fees must accompany the application and be received prior to May 31. The request will not be considered until the fees are submitted.
 - (iii) Students are not eligible to participate or compete with the CIF member school until confirmation from the CIF State Office that the application is approved.

b. **Renewal applications**

- (i) All renewal applications must be submitted to the State Office by May 31 of the current school year to continue multi-school status for the following year.
- (ii) All fees for multi-school dues will be reflected on the invoice sent from the CIF State Office for the school's annual school dues and legal assessment.
- (iii) Any late applications will be assessed a late fee of \$200; the fee must be attached or the application will not be considered. If an application for renewal is not received by September 1 of the current school year, it will not be considered.
- (iv) Students are not eligible to participate or compete with the CIF member school until confirmation has been received from the CIF State Office that the application is approved.

7. **Appeals Procedure (Applies only to (4) above)**

- a. If the CIF member school is unable to obtain written approval from the appropriate league, then it may appeal for approval, in writing, to its Section, but only after exhausting any and all appeals procedures established by the respective league.
- b. If the CIF member school and its league are unable to obtain written approval from the appropriate Section, they may appeal for approval, in writing, to the Executive Committee, but only after exhausting any and all appeals procedures established by the respective Section.

C. **Small Learning Communities, Small Schools, Alternative Schools, and Charter Schools Housed on a Member School's Campus**

- 1. Small learning communities, small schools, alternative schools and charter schools housed on an existing member school's campus are subject to CIF Bylaws 303(B). However, a small learning community, small school, alternative school or charter school housed on an existing member school's campus may apply for an exclusive multi-school relationship with the member school on whose campus they are housed. Where a small learning community, small school, alternative school or charter school housed on an existing member school's campus and the member school on whose campus they are housed apply for an exclusive multi-school relationship, the students at the small learning community, small school, alternative school or charter school will not be eligible to participate for any CIF-member school other than the member school on whose campus the small learning community, small school, alternative school or charter school is housed. If a small learning community, small school, alternative school or charter school and the member school on whose campus they are housed are applying for an exclusive multi-school relationship, they shall notify the CIF State Office when they submit their multi-school application.
- 2. Students transferring into small learning communities, small schools, alternative schools or charter schools housed on an existing member school's campus after their initial enrollment in the 9th grade are subject to CIF Bylaw 207, CIF San Francisco Section Bylaws Part II, Section 17.
- 3. Sections are empowered to waive the transfer rule upon request by a school district establishing a new magnet program, small learning community, small school, alternative school or charter school housed on a member school's campus for the first year only; thereafter, all transfer rules apply.
(Revised May 2012 Federated Council)

D. **Private and Charter Schools Partnering With CIF Member Public Schools Housed On a Separate Campus**

Where a private school or a charter school enters into a multi-school agreement with a public school that is housed on a separate campus or with a public school district, only those students who live within the boundaries of the public school district may participate in athletics at the member school or at a member school within the district. A student attending such a private school or charter school must participate for the member school in whose attendance area his/her parent(s)/guardian(s)/caregiver reside or the school in the district where the student most recently established residential eligibility prior to attending the private or charter school entering the multi-school agreement.

E. **CIF Member School with Multiple Campuses**

Teams representing a high school must be composed of students under the direct supervision of one principal and attending class on one campus. Where one school has multiple campuses, a student must participate for the team on whose campus he/she is housed unless the school petitions to be allowed to participate as a single school with multiple campuses under the supervision of one principal. All new applications must be received in the CIF State Office prior to May 31 of the current school year for approval for the following school year and meet all provisions of CIF Bylaw 303 listed above.

DEFINITIONS**School Within a School**

This type of school (often times referred to as Academies with a particular academic focus) operating under the umbrella of a comprehensive high school, but has no autonomy in terms of academic accountability.

Small Learning Communities

These schools have their own complete accountability in terms of having their own CDS code, API scores and their own CAHSEE pass rate.

F. Continuation Schools

Continuation schools may not apply for multi-school team status as provided for under this provision. For continuation school eligibility, refer to CIF Bylaw 211, CIF San Francisco Section Bylaws Part II, Section 21.
(Revised May 2009 Federated Council)

SECTION 3.1**CIF SAN FRANCISCO SECTION MULTI-SCHOOL STUDENT REGULATIONS**

Any student attending an SFUSD alternative high school or a non-member high school may play for a member school's high school team provided the alternative school or non-member school does not offer an athletic program, the alternative school or non-member school has secured multi-school approval from the Section and the CIF, and the following conditions are met:

- A. The student shall be eligible to participate at the last member school he or she attended
- B. The student shall be eligible to participate for the school in the residential district in which he/she resides if the student either: (1) did not attend a district school prior to enrolling in the non-member school; (2) has had a change of residence accompanied by the parent(s), legal guardian(s) or caregiver(s) with whom the student was living when the student attended his/her previous school; or (3) is prevented from playing for his or her prior school by either a hardship or a threat to his/her personal safety. A student who is unable to participate at the last member school attended or at his/her residential school due to hardship may petition the Commissioner of Athletics for a special assignment. The Commissioner shall have authority to select the student's site of interscholastic participation if the Commissioner grants the hardship.
- C. Students who live in areas of San Francisco that are not part of any school's residential district and did not previously attend a member school shall be assigned by the Commissioner of Athletics to the closest school that offers the sports the student is interested in playing. Where a student requests an assignment to a school other than the closest school to their residence, the Commissioner, the Section President, and the Section Vice-President shall serve as a Residential Eligibility Committee, and shall determine whether the student shall be allowed to be assigned to a school other than the closest school to their residence. Decisions by the Residential Eligibility Committee may be appealed pursuant to these Bylaws Part I, Section 34(E).
- D. Students who attend an alternative school that has been approved as a CIF multi-school, reside outside of San Francisco, and did not previously attend a member school shall have their athletic eligibility assigned to a member school pursuant to Part III, Section 3.2 of these Bylaws.
- E. The student shall comply with all other eligibility standards set out in these Bylaws.
- F. The student shall enroll in one class at the member school he/she participates in interscholastic athletics for. This class may be a physical education class.
- G. The student shall procure permission to participate in interscholastic athletics from the principal of the non-member school he/she attends, and from the principal and athletic director of the member school. The Commissioner of Athletics may require the completion of a form that lists the requirements in this subsection, and has spaces for the principals and athletic director to affix their signature to indicate their consent to the student's participation. That form shall be designated the Related Student Consent Form.
- H. The student shall submit the required medical examination form, parental consent form, anti-steroid agreement, and concussion information sheet to the Athletic Director of the member school as required under Part II, Sections 2 through 5 of these Bylaws.
- I. Students may not visit any regular campus without permission from the principal of the alternative school or non-member school he or she attends. Also, the student must have completed the related student consent form.

- J. The CIF member school's athletic director and principal shall sign the related student consent form, requesting permission for the student to participate in athletics. The student shall not be eligible for interscholastic athletic participation until the principal of the school the student has been referred to consents.
- K. A student who seeks to participate under the provisions of this Section shall be ineligible until the Commissioner of Athletics certifies that the student is eligible.

SECTION 3.2 ESTABLISHMENT OF RESIDENTIAL ELIGIBILITY ZONES FOR OUT OF TOWN STUDENTS ATTENDING MULTISCHOOLS WHO DID NOT PREVIOUSLY ATTEND A MEMBER SCHOOL

- A. **Division of City into Residential Zones**
The City shall be divided into residential zones. Those schools in the northern part of the city shall constitute the northern zone. Those schools in the southern part of the city shall constitute the southern zone. Those schools in the eastern part of the city shall constitute the eastern zone.
- B. **Assignment of Students among Zones Based on Which Side of the Bay They Live**
Students who reside in the East Bay shall be assigned to schools in the eastern zone. Students who reside in Marin County or beyond shall be assigned to schools in the northern zone. Students who reside in the South Bay or beyond shall be assigned to schools in the southern zone.

There will be multiple schools in each zone. The Commissioner will conduct a drawing to set an order of assignment for each zone. Students will be assigned to schools in a zone in the order of the assignment established by the drawing so that the first student will be assigned to the winner of the drawing, the second to the second school in the drawing, etc... After a complete round of assignments, the assignment process will continue in the same order for the next round of assignments. The Zones are as follows:

Eastern: O'Connell, SFI, Burton, Marshall
Southern: Jordan, Lincoln, Balboa, Academy
Northern: Washington, Mission, Galileo, Wallenberg

SECTION 4 SPECIAL SCHOOLS (CALIFORNIA SCHOOL FOR THE BLIND AND CALIFORNIA SCHOOL FOR THE DEAF)

- A. Students attending special schools (as defined in Education Code, Section 59000 et. seq.) may be permitted to compete as representatives of the CIF-member schools provided:
1. Student is eligible under all other rules of the California Interscholastic Federation; AND
 2. It is agreed that the administrative responsibility for the student involved in athletics shall rest with the principal of the school for which student is competing; AND
 3. Permission is received from the appropriate Governing Board or designee; AND
 4. Permission is received from the CIF Section.
- B. A student with a qualifying disability in accordance with IDEA and State law who is attending a State-certified non-public school (as defined in Education Code Section 56365 et. seq.) pursuant to placement by a public school Individualized Education Program (IEP) team may be permitted to compete as a representative of his/her CIF-member school of residence (or school in which eligibility was most recently established) provided:
1. The student is eligible under all other rules of the California Interscholastic Federation; AND
 2. The State-certified non-public school is not a CIF-member school; AND
 3. The CIF-member school district has determined that the State-certified non-public school placement is necessary; AND
 4. The administrative responsibility for the student involved in athletics shall rest with the principal of the school for which the student is competing; AND
 5. Approval is received from the appropriate governing Board or designee; AND

6. Approval is received from the CIF Section.
(Revised May 2006 Federated Council)

SECTION 4.1 LEARNING DISABLED STUDENT ELIGIBILITY

A student with a learning disability may participate in interscholastic athletics at a CIF San Francisco Section Member School that is part of the San Francisco Unified School District where:

- A. The student is either enrolled in a district high school or has a qualifying disability in accordance with IDEA and State law, and is attending a State certified non-public school (as defined in Education Code § 56365 et. seq) that is not a CIF member pursuant to a placement by SFUSD's Individualized Education Program (IEP) team.
- B. The IEP Committee certifies that the student is capable of being mainstreamed into a district high school for the purpose of engaging in interscholastic athletics, and that the student is capable of being mainstreamed into a district high school for one period of classes (that class may be a physical education class).
- C. The student shall be eligible to participate in interscholastic athletics either at the district high school he/she currently attends or at the last district high school that he/she attended before being referred to a non-CIF member school or a non-public school that the SFUSD has a master contract with.
- D. The student shall be eligible to participate in interscholastic athletics at the school in the district in which he/she resides where the student does not attend a district high school and: (1) did not attend a district school prior to enrolling in the non-CIF member school or the non-public school he/she was referred to pursuant to the IEP; or (2) has had a valid change of residence as defined in CIF Bylaw 207(A)(1), CIF San Francisco Section Bylaws Part II, Section 17(A)(1).
- E. The student gives the district school he/she plays for written permission from his/her parent or guardian to participate in interscholastic athletics at the member school.
- F. The student gives the district school he/she plays for the District's medical examination form, voluntary consent form, and the CIF's anti-steroid agreement.
- G. The student shall complete the SFUSD/CIF San Francisco Section related student consent form.
- H. The CIF Member School's Athletic Director and Principal shall sign the related student consent form, requesting permission for the student to participate in athletics. The student shall not be eligible for interscholastic athletic participation until the principal of the school the student has been referred to consents.
- I. The student shall meet all other eligibility requirements set out in these Bylaws and in the CIF Bylaws.

PART IV

BYLAWS:

CONDUCT/ SPORTSMANSHIP RULES AND PENALTIES

SECTION 1 SPORTSMANSHIP EXPECTATIONS - PURSUING VICTORY WITH HONOR

The CIF and the San Francisco Section has adopted the 16 Principles of Pursuing Victory with Honor.

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these six pillars of character.
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership ~ including coaches, athletic administrators, program directors and game officials ~ to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these six pillars of character.
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student athletes and the character building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coaches as well as the first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

Q: Is vaping allowed?

A: No.

15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

SECTION 2 ROOTING SECTION REQUIREMENTS

Each school shall be responsible for supervising its own cheering section, and should see that the conduct of its students and spectators is up to the standards set:

- A. Rooting sections should cooperate with yell leaders in following directions and should refrain from individual group yelling.
- B. Students should remain in their rooting sections during the game. (They may leave their rooting sections during half time and between games, but must stay off the playing floor or playing field and are not to cross over into the section of the other school.)
- C. Students and spectators should have a respectful attitude toward officials and the decisions made by the officials.
- D. Extraneous noisemakers, such as air horns, sirens, bells, whistles, drums, and the like, are not permitted.
- E. School supporters may not engage in verbal or nonverbal tactics designed to distract or intimidate team members from an opposing school or schools. This restriction applies to tactics designed to distract or intimidate free throw shooters in basketball and servers in volleyball.
- F. Courtesy and respect should be shown to the opponent's team and rooting section.
- G. The host school spirit squad should arrange for the visiting team to be escorted to the appropriate designated area.
- H. Bands are encouraged to play at all games, but they are not to use individual instruments as a means of distraction of opponents. Bands may not play during live ball situations.
- I. School and team sportsmanship is the responsibility of the coach, athletic director and principal.
- J. Banners and signs shall not contain the name of the opposing school and are to be approved by the administration. Banners and signs are to be perceived as positive and supportive.
- K. Pre-recorded music for half time performances must be pre-approved by the administration.
- L. Every school should hang a banner containing a sportsmanship message in its gymnasium. Every school should also post a sportsmanship form or other written sportsmanship document in a central area at indoor and outdoor contests in those sports that draw either a significant number of spectators or spectators who create or project to create sportsmanship problems. Schools may require spectators who create sportsmanship problems to sign their school's sportsmanship form or indicate that they have read the school's other written sportsmanship before the spectator is allowed to attend future sports events.
- M. The San Francisco Section suggests that every school read a sportsmanship statement prior to home games in any sport that draws either a significant number of spectators or spectators who create or project to create sportsmanship problems.

SECTION 3 SPORTSMANSHIP RULES AND PENALTIES

- A. **Sportsmanship Regulations**
 1. No player, team member, coach, administrator, teacher, team supporter or any other individual or group of individuals may engage in unsportsmanlike conduct toward: (a) a player, team member, coach, administrator, teacher or team supporter from another school; (b) a game official, event official, score-crew member or neutral spectator; or (c) any other individual or group of individuals.

2. Subsection (A)(1) of this Section shall apply prior to, during and following any athletic activity, game or event.
3. For purposes of this rule a game official shall be any official, referee, umpire or any other person who is judging, interpreting or enforcing the rules of a competition. For purposes of this rule, a score crew member shall include a scorekeeper, bookkeeper, clock operator, timer, measurer or collector of data, statistician, chain crew member or any other individual or group of individuals who is either collecting, gathering or keeping information required by the rules of a sport or assisting those people who are collecting, gathering or keeping that information.
4. For purposes of this rule, unsportsmanlike conduct shall include but not be limited to verbal or nonverbal conduct, fights, threats, acts which incite or could reasonably be expected to incite any player, team member, coach, administrator, teacher, team supporter or any other individual or group of individuals to engage in unsportsmanlike conduct, use of profanity, intimidation tactics, remarks reflecting unfavorably upon any other person, taunting or baiting, use of any language intended to intimidate, and/or behavior in any manner not in accordance with the spirit of fair play.
5. Any individual or group of individuals found to have engaged in unsportsmanlike conduct may be subject to a penalty. The Commissioner of Athletics and the Board of Managers shall each have the power to issue penalties. Penalties shall include but not be limited to probation, suspension from one or more contests and a ban from further participation or further attendance at contests engaged in by any team or teams in the league.
6. Any school whose players, team members, coaches, administrators, teachers, team supporters or any other individual or groups of individuals affiliated with the school engage in a pattern of unsportsmanlike conduct may be subject to a penalty. The Commissioner of Athletics and the Board of Managers shall each have the power to issue penalties. Penalties shall include but not be limited to probation, suspension, forfeiture of contests in one or more sports and a ban from the school's team or teams participating in one or more sports.

B. Ejection Policy

1. A player, team member or coach who is ejected from a league or non-league (preseason, tournament, playoff or championship contest) contest for unsportsmanlike conduct shall be ineligible for and unable to participate in the next contest his or her team participates in.
2. A student-athlete directly engaged in a contest as a player or a competitor who is ejected for fighting or for participating in a fight shall be ineligible for and unable to participate in the next two contests his or her team participates in.
3. A coach who is ejected for fighting or for participating in a fight by fighting shall be ineligible for and unable to participate in the next five contests his or her team participates in.
4. A player or team member who leaves his or her bench and/or team area during a fight but does not participate in the fight shall be ineligible for and unable to participate in the next two contests his or her team participates in.
5. A player or team member who leaves his or her bench during a fight and participates in the fight shall be ineligible for and unable to participate in all of his or her team's remaining contests during the season in which the fight occurred.
6. The phrase "contest" as used in this Section refers to league and playoff contests.

Q: Can an ejected coach attend his team's next contest in a non-coaching capacity?

A: A coach who has been ejected may not be in attendance at his team's next contest. Attendance means that the coach shall not be inside the gymnasium, stadium or playing area where the contest takes place. The coach also shall not be in an area where he can visually assess the contest, nor shall the coach provide instructions to his team during the contest by any means.

C. Multiple Ejection Policy

1. A player, team member or coach who is ejected from a contest for unsportsmanlike conduct for the second time during a season shall be ineligible for and unable to participate in the next two contests his or her team participates in.

2. A student-athlete directly engaged in a contest as a player or a competitor who is ejected for fighting or for participating in a fight for the second time during a season shall be ineligible for and unable to participate in any contest in any sport in the AAA Athletic League for the remainder of that academic year.
3. A student-athlete who is ejected for fighting or for participating in a fight in one sport shall become ineligible for and unable to participate in any contest in any sport for the remainder of the academic year where he or she is ejected for participating in another fight or participates in another fight in either the same sport or any other sport during the same academic year in which the initial ejection for fighting or fight participation took place.
4. A player or team member who is ejected from a contest for unsportsmanlike conduct for the third time during a season shall be ineligible for and unable to participate in the remainder of his or her teams' contests for the entire season.
5. A coach who is ejected from a contest for unsportsmanlike conduct for the third time – or for more than the third time – shall be suspended and unable to participate in the next five contests his or her team participates in.
6. The phrase “contest” as used in this Section refers to league and playoff contests.

D. **Reporting Policy**

A school which has a player, team member or coach ejected and/or which has participants involved in a fight must report the ejection and/or fight to the athletic office by 10:00 a.m. the first working day following the contest. Any pregame or postgame incident involving a school's participants in any act or acts of flagrant unsportsmanlike conduct must be reported in the same manner. A school which fails to do this may be subject to further penalties imposed by the Commissioner, including but not limited to suspension of the coach of the team and forfeiture of the team's next contest.

E. **Appeals Policy**

1. Penalties issued by the Commissioner of Athletics pursuant to subsection (A)(1) through subsection (A)(6) of this Section may be appealed to the Board of Managers as follows: (a) A school's principal may appeal on behalf of the school, its coaches, athletic directors, or any individuals or group of individuals who are agents of the school by giving the Commissioner of Athletics written notice of appeal within three working days (as determined by the SFUSD calendar) of receipt of the Commissioner's oral or written decision; (b) A parent or guardian may also appeal the Commissioner's decision to impose a penalty against their son or daughter pursuant to subsection (A)(1) through subsection (A)(6) of this Section. No other individuals or groups of individuals may appeal; (c) an appeal shall be heard by the Appeals Committee of the Board of Managers within five working days of the Commissioner's receipt of the notice of appeal. Appeals shall be heard in the manner set out in Part I, Section 34 of these Bylaws. The Appeals Committee shall mail its decision to the principal who transmitted the notice of appeal within five days after the appeals hearing.
2. Penalties issued pursuant to subsections (B) and (C) of this Section cannot be appealed except in those instances set out in this subsection.
 - a. A school's principal or athletic director may appeal on the ground that an ejection was not for unsportsmanlike conduct.
 - b. A school's principal or athletic director may appeal on the ground of player, team member or coach misidentification (i.e., the official ejected someone other than the person who actually committed an act).
 - c. A school's principal or athletic director shall notify the Commissioner of an appeal by 2:00 p.m. the day following the contest in which the ejection occurred.
3. Appeals of penalties issued pursuant to subsections (B) and (C) of this Section shall be heard by the Commissioner of Athletics. The Commissioner shall determine the hearing procedure and the Commissioner's decision on appeals of penalties issued pursuant to subsections (B) and (C) of this Section shall be final and unappealable.
5. A school's principal or athletic director may appeal any penalties which are issued pursuant to subsection (D) of this Section by delivering written notice of appeal to the Commissioner of Athletics within two working days of the receipt of the Commissioner's penalty. The appeals will be heard as set out in subsection (E)(1) of this Section.

F. Supplemental Penalties for Boys' and Girls' Soccer

1. A soccer coach shall receive a one-game suspension where he or she coaches a team that accrues five points under the point system set out in subsection (F)(4) of this Section of the bylaws. A soccer coach shall receive an additional one-game suspension for each additional point his team accrues. Suspensions under this subsection of the bylaws are supplemental penalties, and coaches who are suspended pursuant to this subsection of the bylaws shall still be obligated to serve any suspensions levied against them pursuant to all other provisions of these bylaws.
 2. A soccer coach who receives a penalty pursuant to subsection (F)(1) in the last game of a season shall serve his or her suspension in the first game of the next soccer season for the gender he or she was coaching at the time they received the penalty points.
 3. If a coach does not return to the team in which he or she accrued a penalty pursuant to subsection (F)(1), then the penalty shall be served in the first game the coach works in any other sport after it has been determined that the coach shall not return to the team he or she was coaching at the time they received the penalty points.
 4. Points shall be assessed as follows for purposes of implementing the supplemental penalties set out above:

a.	Player ejection from a contest	1 point
b.	Coach ejection from a contest	3 points
c.	Player or coach ejected for fighting	2 points
d.	Team supporter ejected from a contest	1 point*
e.	Failure to report an ejection or yellow card to the Section Office	1 point
f.	Player ejected in last game of season	2 points
g.	Player ejected in playoff contest	2 points
h.	Player or coach involved in an unsportsmanlike incident that does not involve physical violence, serious disrespect to the person or property of others, threatening conduct, or conduct that could reasonably be perceived as a threat	1 point**
i.	Player or coach involved in an unsportsmanlike incident that involves physical violence, serious disrespect to the person or property of others, threatening conduct, or conduct that could reasonably be perceived as a threat	2 point**
j.	Administrator, teacher, parent, team supporter or other individual(s) affiliated with school displaying unsportsmanlike conduct that does not involve physical violence, serious disrespect to the person or property of others, threatening conduct, or conduct that could reasonably be perceived as a threat	1 point***
k.	Administrator, teacher, parent, team supporter or other individual(s) affiliated with school displaying unsportsmanlike conduct that involves physical violence, serious disrespect to the person or property of others, threatening conduct, or conduct that could reasonably be perceived as a threat	1 point***
l.	Team receives four yellow cards in a single match	1 point
- * *the commissioner has the authority to deduct the point for a team supporter's ejection where the school has addressed the situation in a manner deemed acceptable to the Commissioner*
- ** *a player does not have to be ejected in order for a point to be assessed under this provision*
- *** *the commissioner has the authority to deduct this point where he determines that mitigating factors exist*
5. In order to prevent a single aberrant act from having a disproportionate impact, a school may not receive more than three points for any single game unless an act is augmented by excessive violence, excessive number of people involved in an incident or limited or no effort from the coaching staff to stop the negative conduct or actions.
 6. A soccer team member who receives five yellow cards during a season shall be ineligible for and unable to participate in the next two contests his or her team participates in.

SECTION 4 PHYSICAL ASSAULT RULE

- A. Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State Commissioner. *(CIF Bylaw 210.A)*
- B. Where a coach physically assaults the person of a game or event official, the coach shall be subject to penalties pursuant to Part IV, Section 3 of these Bylaws, and the coach's school may be subject to penalties pursuant to CIF Bylaw 210.B and CIF San Francisco Section Bylaws Part II, Section 20.

SECTION 5 HAZING POLICY

- A. No player, coach, administrator, teacher, team supporter or any other individual or group of individuals shall haze any student-athlete or prospective student-athlete. Any school's athletic director, coach, or other athletic department personnel who has grounds to suspect hazing shall refer the individual or groups suspected of hazing to the person designated to handle such matters within the school.
- B. SFUSD schools shall refer the individual or groups suspected of hazing to the school site principal. The school site principal shall be the person charged with invoking disciplinary District guidelines per the SFUSD Student/Parent/Guardian Handbook.
- C. For the purposes of these Bylaws, hazing shall be defined as it is defined in Cal. Penal Code § 245.6(b). Section 245.6(b) states, "Hazing means any method of initiation or pre-initiation into a student organization or student body, whether or not the organization or body is officially recognized by an educational institution, which is likely to cause serious bodily injury to any former, current, or prospective student of any school, community college, college, university, or other educational institution in this state. The term 'hazing' does not include customary athletic events or school-sanctioned events."
- D. Pursuant to these Bylaws and Penal Code Section 245.6, conduct that occurs in interscholastic competition shall not be deemed to be hazing, but shall be considered to fall in the jurisdiction of the other Sections of Part IV of these Bylaws.

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PART V

BYLAWS:

CIF STATE GENERAL RULES

SECTION 0 AUTHORIZED PARTICIPATION

- A. All CIF eligibility rules apply in all games including practice games.
- B. All athletic activities in sports approved by the CIF involving two or more member schools must be held under rules and regulations of the participating schools' respective league, Section and the CIF.
- C. Ineligible students shall not compete as representatives of the school in any competition involving CIF member schools.
- D. In any CIF competition, an attached eligible athlete (representing a CIF member school in compliance with all CIF, Section and league eligibility requirements) may be permitted to participate.

SECTION 1 CONTESTS SUBJECT TO CIF ELIGIBILITY RULES

- A. All California Interscholastic Federation eligibility rules apply in all games including practice games.
- B. With Section approval, each school year a school may engage in one interschool play day activity per CIF-approved sport with any students not involved in that sport's interscholastic athletic program, as long as the schools involved agree in writing to indemnify and hold harmless CIF Sections and the State CIF and willingly accept full and complete responsibility for the health and safety of their students involved in the aforementioned activity.
- C. **Definition of a Playday**
An organized recreational activity involving teams from two or more high schools wherein the participants are not currently participating or have not been participating as a member of their school interscholastic team in that sport during the previous 12 calendar months preceding the date of the play day.
- D. **Exhibition Competition**
Exhibition competition (such as, but not limited to, fifth quarter, open lane, open mat and open court competition) involving CIF member schools may be allowed as an adjunct to regular CIF competition under the following provisions. Team sports for the purposes of this bylaw include baseball, basketball, competitive cheer, field hockey, football, lacrosse, soccer, volleyball, water polo and wrestling. Individual sports for the purposes of this bylaw include: badminton, cross country, golf, gymnastics, swimming and diving, tennis, track and field, and skiing.
 - 1. **Team Sports**
 - a. Duly-appointed coaches (as specified in CIF Bylaw 503 F, CIF San Francisco Section Bylaws Part V, Section 3(F)) and contest officials are present and supervising the activity. If officials require any additional fees for officiating exhibition competition, it shall be negotiated with the host school and their officials association in compliance with any Section rules and regulations; AND
 - b. Such contests count toward the competing individual's allowable maximum number of contests; AND
 - c. A team score is not kept or recorded; AND
 - d. Such team competition is not conducted concurrently with the regulation CIF competition (See **NOTE** below); AND
 - e. Such team competition is held at the same site, immediately preceding or following the regulation competition (See **NOTE** below); AND
 - f. Such team competition is shorter in duration than the regulation competition in that sport (See **NOTE** below); AND
 - g. Participants in such competition shall not compete in any regulation CIF competition in the same sport during the same day or event; AND
 - h. Participants in such competition represent their own school of enrollment (i.e., competition on a rainbow team and/or a team made up of students representing two or more schools is prohibited); AND
 - i. Written permission is granted for such competition by the principals of all schools involved; AND
 - j. Participants in such competition meet all eligibility requirements of the State CIF, CIF Section and league.
 - 2. **Individual Sports**
 - a. Duly-appointed coaches (as specified in Bylaw 503 F) are present and supervising the activity; AND
 - b. Such contests count toward the competing individual's allowable maximum number of contests; AND
 - c. A team score is not kept or recorded nor are individual finishes or records kept or recorded; AND
 - d. Individual events may be conducted concurrently with the regulation CIF competition events (i.e. open lane, open court, open apparatus); AND
 - e. The primary CIF team and/or individual competition is held at the same site, and the individual

exhibition competitions occurs during or immediately preceding or following that regulation CIF competition; AND

- f. Participants in such competition shall not compete in any regulation CIF competition in the same sport during the same day or event; AND
- g. Participants in such individual event competition represent their own school enrollment (i.e., competition on a rainbow relay team and/or a relay team made up of students representing two or more schools is prohibited); AND
- h. Written permission is granted for such competition by the principals of all schools involved; AND
- i. Participants in such competition meet all eligibility requirements of the State CIF, CIF Section, and league.

(Revised May 2013 Federated Council)

- E. During the school year, all athletic activities in CIF-approved sports involving CIF-member schools must be held under the rules and regulations of the participating school's respective league, Section and the CIF, during the established school year (District, Section, League).
- F. During the summer period, CIF bylaws pertaining to transfer eligibility, undue influence, pre-enrollment contact and athletically motivated transfers apply (CIF Bylaws 206, 207 and 510, CIF San Francisco Section Bylaws Part II, Section 16 and 17, and Part V, Section 10).
- G. During the summer period, no physical conditioning or practice sessions prior to the opening of authorized practice may be conducted by a high school unless specifically authorized by the school principal/designee. Sections may establish sport specific rules and/or policies.

(Revised May 2010 Federated Council)

NOTE: San Francisco Section summer restrictions are set out in Part I, Section 19 of these Bylaws.

SECTION 2 NON-CIF MEMBER SCHOOL/CLUB TEAMS

- A. CIF member schools shall only compete with other member schools of the CIF and/or schools who are members of another state association/federation who are eligible to participate in their respective state association/federation playoffs (see CIF State Bylaw 705; CIF San Francisco Section Bylaws Part 7, Section 5 for International Competition).
NOTE: Implementation begins in 2019-2020.
- B. No school belonging to the CIF shall compete, scrimmage or practice with any team outside the jurisdiction of the CIF without the consent of the CIF Section involved. A school disregarding this rule may be suspended from participation in that sport as determined by their respective CIF Section. (See CIF State Bylaw 511; CIF San Francisco Section Bylaws Part V, Section 11)
- C. Sections may establish a policy, procedure and requirements for review of applications of CIF member schools wishing to compete with a Non-CIF member.
- D. If a CIF high school team is approved by their section to compete against a non-CIF team in any competition, the activity shall be played under the high school rules for that sport.
- E. High school students or teams shall not compete or practice against other individuals or teams in football or wrestling unless the players or such teams meet the age requirements of the CIF. High school students or teams shall not compete or practice against other individuals or outside/club teams-unless the individual players and the individuals on the outside/club team meet the age requirements of the CIF.
- F. In order to grant athletic opportunities to students who attend schools that for a limited amount of time cannot afford to offer a sport, an outside team consisting of students from these schools may be formed and may scrimmage or practice against a CIF member school provided the following:
 - 1. A district board or private school governance board states that a program is not affordable for a limited time to be designated by the district board or the private school board;
 - 2. A district board or private school governance board requests participation for its students;
 - 3. The league against which these teams plan to compete grants approval prior to Section approval;
 - 4. Approval of the Section is granted;

5. Officials of the requesting school(s) must understand this request is granted for up to a two-year term. An additional term may be granted if all provisions are met;
6. That schools and districts recognize that such outside teams are not granted status as league members nor do they qualify for league, Section or State playoffs or championships;
7. An administrator of one of the requesting schools agrees to accept responsibility and supervision of the team and agrees that students will meet eligibility requirements expected of students in CIF member schools.

SECTION 3 ADMINISTRATIVE OVERSIGHT

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section, and league rules.

- A. Schools shall be responsible to confirm the eligibility status for all students participating in interscholastic athletics at their schools as required by the State CIF Federated Council, local Section, and leagues.

B. Ineligible Athletes

Ineligible students shall not compete as representatives of the school in any CIF contest.

1. Uniform Administrative Oversight Penalty

In the case where it is determined by the CIF Section that an ineligible student competed due to the failure of the school administration to submit proper CIF Section transfer eligibility applications or forms which would have, had it been submitted in a timely manner and reviewed by the Section, otherwise been granted immediate eligibility in that sport(s) in which the student participated prior to the appropriate paperwork being submitted.

First Offense

- a. The school will forfeit only the initial game won or tied, regardless of the number of contests in which the ineligible student participated.
- b. The school will submit to the CIF Section a corrective action plan approved by the principal and the superintendent.
- c. The school will submit a report at the conclusion of the school year on the actions and corrections made under the action plan.

Second Offense within a school year calendar

- a. The school will forfeit only the initial game won or tied, regardless of the number of contests in which the ineligible student participated.
- b. The school will submit to the CIF Section a corrective action plan approved by the principal and the superintendent.
- c. The school will submit a report at the conclusion of the school year on the actions and corrections made under the action plan.
- d. The school will be prohibited from hosting its first home playoff game in the sport where the forfeiture was applied.

(Approved April 2017 Federated Council)

C. Grade Level Restrictions

Only 9th through 12th grade students may practice with or compete on a high school team. Ninth grade students of a junior high school which is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team. For a multi-school situation, see Bylaw 303. , CIF San Francisco Section Bylaws Part III, Section 3.

D. Unattached/Unofficial Participants

In CIF competition, no person shall be permitted to participate as an unattached athlete or an unofficial entrant. (See CIF State Bylaw 600. G; CIF San Francisco Section Bylaws Part VI, Section 0(G))

E. Supervision Requirement

No CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032. (See also Bylaw 503.F.)

NOTE: CIF San Francisco Section Coaching Regulations are set out in Part I, Sections 4 and 5 of these Bylaws. CIF San Francisco Section coaches at SFUSD schools must be under supervision as required by the California Code of

Regulations Title V.

F. Coaching

Principals are responsible to insure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9)
(Revised February 2009 Federated Council)

1. Coaching Compensation

A coach shall not be reimbursed for coaching services from any source other than the school funds without the approval of the school's governing board, nor be subject to any bonus arrangement dependent upon the success of the school's team.

2. Penalty for Improper Coaching Compensation

Any team coached by any person receiving any reimbursement for coaching services from other than school funds without the approval of the school's governing board may be sanctioned in accordance with CIF State Bylaws Article 22.C.

(Revised February 2009 Federated Council/Revised February 2019 Federated Council)

NOTE: See Part I, Sections 4 and 5 of these Bylaws for the specific coaching requirements in the CIF San Francisco Section.

CIF Penalties: Where a coach is coaching at a practice or a game at a time where the coach does not meet the Coaching requirements set out in these bylaws, the school, school district and the violating coach shall be subject to penalty pursuant to the California Interscholastic Federation's administrative regulations.

FF. CIF San Francisco Section Penalties For CIF Bylaw 503. F Violations

A school's head coach is responsible for his/her own compliance with the CIF State, CIF San Francisco Section, and SFUSD coaching requirements as well as his/her assistant coaches' compliance. Accordingly, in addition to the penalties imposed pursuant to the CIF's Administrative Regulations (which are referred to in the notes to Section 6), a head coach shall be suspended for one athletic contest where he/she or any of the assistant coaches of the team that he/she is currently coaching commits two or more violations of the coaching requirements within a 365 day period of time. This penalty shall be enforced in the next contest after the violation has been confirmed. Should this confirmation be made after the final game of a season, the head coach will be suspended from the first contest of the next season in the sport coached when violating. Should it be determined that the head coach will no longer be coaching the sport that is the subject of the violation for the same school or any other school in the San Francisco Section, then the penalty will be enforced the next time that coach serves as a head coach in any sport. However, should the CIF administrative regulations impose a one-game suspension on the head coach, the one game suspension under this Section shall be waived.

Where the CIF San Francisco Section or SFUSD Athletic Office asks a school whether a specific coach is currently engaged in coaching activities, the school shall provide an immediate reply or be subject to penalties. Further, a school shall reply electronically when asked to do so.

(Approved on September 2, 2010, CIF SF Board of Managers).

G. Physical Examination

As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical 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. The CIF San Francisco Section's specific requirements are set out in Part II, Section 2 of these Bylaws, and the SFUSD's required form is set out in the appendix.

NOTE: Physical Exams conducted by chiropractors are not valid for SFUSD students.

(Revised March 2004 Executive Committee)

Q: What does the CIF consider to be an annual physical examination?

A: An annual physical examination is one that was completed in the last 365 days.

H. **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 that 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 May 2012 Federated Council/Revised January 2015 Federated Council)

Q: What is meant by licensed health care provider?

A: 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).

HH. **SFUSD Concussion Conditional Clearance Procedures and Penalties**

A student whose written clearance contains any recommendations, conditions or restrictions shall not be considered cleared for purposes of this bylaw until the SFUSD athletic office has reviewed the student's written clearance. The SFUSD athletic office may require such a student's school to take specific steps to ensure that any recommendations, conditions or restrictions are met.

The Commissioner and the Board of Managers shall have the power to penalize a member school or any of its teams for a single violation or a repeated and ongoing pattern of violations of this bylaw. Penalties may include, but not be limited to, fines, suspensions of individual(s) or teams or spirit squads, economic sanctions, forfeitures of contests, probation, suspension, and any other penalty the Commissioner or Board of Managers deems appropriate. Where the Commissioner issues penalties under this provision, the school subject to the sanction may appeal to the Board of Managers pursuant to Part I, Section 34 of these Bylaws except any appeal involving a school's terms or conditions of participation, a decision to forfeit games, or a decision involving playoff participation must be made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs.

I. **Steroid Prohibition**

As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. **NOTE:** CIF Constitution Article 1-12.N. (Revised May 2005 Federated Council)

J. **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.

Q: What is meant by licensed health care provider?

A: 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). (January 2015 CIF State Federated Council)

JJ. **SFUSD Sudden Cardiac Arrest Conditional Clearance Procedures and Penalties**

A student whose written clearance contains any recommendations, conditions or restrictions shall not be considered cleared for purposes of this bylaw until the SFUSD athletic office has reviewed the student's written clearance. The SFUSD athletic office may require such a student's school to take specific steps to ensure that any recommendations, conditions or restrictions are met.

The Commissioner and the Board of Managers shall have the power to penalize a member school or any of its teams for a single violation or a repeated and ongoing pattern of violations of this bylaw. Penalties may include, but not be limited to, fines, suspensions of individual(s) or teams or spirit squads, economic sanctions, forfeitures of contests, probation,

suspension, and any other penalty the Commissioner or Board of Managers deems appropriate. Where the Commissioner issues penalties under this provision, the school subject to the sanction may appeal to the Board of Managers pursuant to Part I, Section 34 of these Bylaws except any appeal involving a school's terms or conditions of participation, a decision to forfeit games, or a decision involving playoff participation must be made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs.

K. Heat Illness Protocol

A student-athlete who exhibits signs of heat illness 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 heat illness 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 Heat Illness information sheet shall be signed and returned by all athletes and the athlete's parent(s)/guardian(s)/caregiver before the athlete's initial practice or competition.

Q: What is meant by licensed health care provider?

A: 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).

(Approved January 2019 Federated Council)

L. Emergency Action Plans and AED Protocol

(1) A school shall ensure that there is a written emergency action plan in place that describes the location and procedures to be followed in the event of Sudden Cardiac Arrest and other medical emergencies related to the athletic program's activities or events.

(2) The school shall have at least one automated external defibrillator (AED) for the purpose of rendering emergency care or treatment. The school shall ensure that the AED or AEDs are available to athletic trainers, coaches and authorized personnel at these activities or events.

(Approved April 2019 Federated Council)

SECTION 4 SEASON OF SPORT

All CIF member school interscholastic activities must be conducted in accordance with the following season of sport Bylaws.

A. Definition of School and Individual Student Athlete Season of Sport

The season of sport for a school is that period of time which elapses between the first interscholastic contest and the final contest for that particular sport. The season of a sport for any individual student is that period of time which elapses between the student's first participation in an interscholastic contest and the student's final participation in a contest for that particular sport in that season.

B. The season of sport shall be established for each sport by the highest CIF component level in which championship competition is conducted (i.e., State, Section or league) in that sport. To participate in state-level competition for any particular sport, a Section must comply with the CIF adopted season of sport. *The CIF San Francisco Section Commissioner shall have the authority to define the date that practice may begin in each sport. The date upon which competition may begin shall be governed by the CIF Bylaws governing when competition may begin. A school shall not engage in any contests outside of its season of sport nor shall a school begin competition prior to the date set by the CIF. Intramural activities may be conducted prior to the season of sport, however it is a violation of CIF rules to conduct tryouts, to hold restricted practice to a select group or individual, or to participate in any contest using the school's name, uniforms, etc.*

C. Playoffs

State and Sections shall conduct playoffs in such a manner that teams in like sports, and in baseball and softball, during the same season are afforded equitable opportunity to participate in evening and weekend competition.

D. Equity

Sections and/or leagues shall set seasons of sport so that they provide equal opportunity for all students to participate, including intersectional competition and State championships in like sports, and softball and baseball.

E. The basic sports seasons are:

Fall - August through November

Winter - November through February

Spring - February through June

Exact dates may vary from year-to-year and between Sections within the above specified basic seasons. Championship competition may extend beyond these limits.

- F. Sections and/or leagues are encouraged to conduct all sports during the State-approved season.
- G. Member schools, through their league or Section, shall either:
1. Schedule identical sports, and baseball and softball, with seasons of the same number of weeks regardless of the season of the year in which the sport is played; OR
 2. Schedule all sports in a particular season of the year to be an equal number of weeks.
- H. Sections have the responsibility to work toward equity relative to length of season, number of contests, and number of opportunities for participation by students. The seasons of sport for State championships are:
- | | |
|--|---|
| Fall - Volleyball (girls) | Winter - Soccer (boys and girls - SoCal Regionals only) |
| Fall - Cross Country (boys and girls) | Spring - Swimming and Diving (boys and girls) |
| Fall - Football (boys) | Spring - Track and Field (boys and girls) |
| Fall - Golf (girls) | Spring - Golf (boys) |
| Fall - Tennis (girls - Regionals only) | Spring - Tennis (boys - Regionals only) |
| Winter - Basketball (boys and girls) | Spring - Volleyball (boys - Regionals only) |
| Winter - Wrestling (boys and girls) | Spring - Badminton (boys, girls, and coed - Regionals only) |
| | Spring - Competitive Sport Cheer |
- NOTE:** The season of sport is as follows for those CIF San Francisco Section sports that do not lead to a Regional or State Championship: Boys' Soccer (Winter); Girls' Soccer (Winter); Baseball (Spring); Fencing (Spring); Girls' Flag Football (Spring), Lacrosse (Spring); Softball (Spring).

- I. The season of sport for championship teams from the San Francisco and Oakland Sections may be extended to allow them to compete against each other in a postseason Transbay competition in those sports that do not culminate in a CIF Regional/State Championship.
(Approved May 2008 Federated Council/Revised May 2011 Federated Council)

J. Last Contest Date

1. Each Section shall determine the last contest date for regular season competition.
2. For sports culminating in Regional or State championships, Section playoff competition must be completed by the Saturday prior to Regional or State competition.
3. Each Section that participates in State championships in a sport shall conduct Section playoffs, if any, during the season immediately preceding such State championships.
(May 2012 Federated Council).

K. Maximum Number of Seasons

A student shall not participate in more than four seasons of sanctioned CIF competition in any given sport in a four-year high school or three seasons of sanctioned CIF competition in any given sport in a three-year high school. Activities in the summer are exempt. *In the CIF San Francisco Section, schools may not hold practices or play games during the summer. Coaches and students may be members of non-school clubs. These club activities are exempt from counting as a student's season of sport.*

L. One Season of Sport

Each student shall be limited to one season of a particular sport for each school year. (See also CIF State Bylaw 504.A; CIF San Francisco Section Bylaws Part V, Section 4(A))

M. Sundays

In order to provide at least one 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 a Sabbath rest from Friday sundown until 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 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.

NOTE: SFUSD schools are public schools, and, therefore, are not constitutionally capable of declaring an alternate day of respite under the Exception stated above.

1. Violation of CIF State Bylaw 504. M. (San Francisco Section Bylaws Part V, Section 4(M)) will result in the following sanctions:
 - a. Practice: For every practice conducted during the declared respite time, the violating school will be prohibited from conducting twice as many regularly scheduled practices (2 for 1);
 - b. Game: A game played during the declared respite time 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 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)

SECTION 5 EQUITY

Any question or concern involving practices or procedures that affect perceived bias on the basis of gender will be reported in writing to the State CIF Office within 10 working days. A form will be sent to the individual, which must be returned to register the inquiry and resolution (if any). Any registered complaints or inquiries will be investigated and reported to the Federated Council and State Board of Education with copies to the person who filed the original concern. If the problem is not resolved to the satisfaction of the individual, the appeals procedure of CIF shall be consulted and implemented at the discretion of the complainant.

NOTE: See CIF State Bylaws for Equity Complaint and Appeal Procedure.

- A. Each Section shall adopt policies and/or establish procedures that will promote, within its jurisdiction, equal opportunity for all students regardless of race, religion, sex, national origin or physical disability.
- B. **Equal Representation in State Championships**
Sections shall participate in an equal number of sports for boys and girls in State championships, with a minimum of one entry per Section. All Sections shall have representation in all playoffs.
- C. **Number of Allowable Contests**
Each Section and/or league that establishes a maximum and/or minimum number of allowable contests for member schools shall establish the same number of allowable contests for teams in identical sports, and in baseball and softball.
- D. **Assignment of Officials**
 1. Officials for all interscholastic contests shall be assigned and compensated on a gender-neutral basis
 2. When practical and sufficient interest exists, the number of events offered in a contest in identical sports for boys and girls shall be equal except where the rules are written by a recognized rules writing body that provides for a different number of events.
- E. **Equal Assignment of Playoff Facilities**
Assignment of facilities for competition in State and Section playoffs shall be based on gender-neutral factors for all teams in identical sports, and in baseball and softball.

SECTION 6 PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also CIF State Bylaw 504.M; CIF San Francisco Section Bylaws Part V, Section 4(M)):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
1. **Multiple Practice Sessions**
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 2. **Golf Only**
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. (Counts as four (4) hours)
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. **Definition of Practice**
1. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 2. Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 3. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 4. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 5. Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in subsection C (1) through (5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. **Penalties**
Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES it is considered to be practice and counted in the daily limit.

Q: Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?

A: If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

A: Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.

Q: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day?

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.

Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation (four (4) hours max per day and only 18 hours per week).

Q: A student plays baseball and tennis in the same season of sport. If they have competitions on the same day for both sports how would those hours be counted?

A: The total number of hours would be three (3) regardless of the total time of both contests (See CIF State Bylaw 506, CIF San Francisco Section Bylaws Part V, Section 6).

(Approved May 2014 Federated Council)

SECTION 7 SECTION ALIGNMENT OF LEAGUES

Sections that use a two-year cycle of alignment shall realign on even years only. Sections that realign every year or upon demand are not to be affected by this rule. Each Section shall allow the formation of cross leagues for schools in which a sport or sports are not available through its immediate league.

SECTION 8 DONATED EQUIPMENT

Schools, teams and/or individuals associated with interscholastic athletics which are under the control of school governing boards are prohibited from accepting a donation of any and all athletic equipment of any description or any and all apparel of any description which is associated with interscholastic athletics except as provided for by Education Code Section 41032(a) et seq. In the case of private schools, such donations must be accepted by resolution of the governing authority of such private school.

SECTION 9 OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

(Approved February 1999 Federated Council/Revised to include lacrosse November 2000 Federated Council)

SECTION 10 UNDUE INFLUENCE, PRE-ENROLLMENT CONTACT, DISCLOSING PRE-ENROLLMENT CONTACT, ATHLETICALLY MOTIVATED TRANSFERS

- A. The use of undue influence by any person(s) to secure or retain a student or their parent(s)/guardian(s)/caregiver as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of that high school in the CIF. Undue influence is any act, gesture or communication (including accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition regardless of the source) which is performed personally, or through another, which may be objectively seen as an inducement, or part of a process of inducing a student, or his or her parent(s)/guardian(s)/caregiver, by or on behalf of, a member school, to enroll in transfer to, or remain in, a particular school for athletic purposes.
- B. A student shall become ineligible for CIF competition and shall be penalized according to CIF State Bylaw 212 for accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition, regardless of the source.
- C. Pre-enrollment contact or an athletically motivated transfer may be considered prima facie evidence (sufficient evidence) that the student enrolled in that school in whole or in part for athletic reasons (See CIF State Bylaws 200, 206.C, and 207.A; CIF San Francisco Section Bylaws Part II, Sections 10, 16(C), and 17(A)) and cause the student to be ineligible for participation those sports in which the student participated at the former school. Athletically motivated pre-enrollment contact of any kind by anyone from, or associated* with, a school or its athletic programs to which a student may transfer or move into the attendance area is not permitted. When a prima facie case (sufficient evidence) of undue influencing/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at any school in the last 12 months and/or the sport with which the coaches referenced herein is associated, unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

D. Pre-Enrollment Contact

Pre-enrollment contact may include, but is not limited to: any communication of any kind, directly or indirectly, with the student, parent(s)/guardian(s)/caregiver, relatives, or friends of the student about the athletic programs at a school; orientation/information programs, shadowing programs; attendance at outside athletic or similar events by anyone associated (See D.(2) below) with the school to observe the student; participation by the student in programs supervised by the school or its associates before enrollment in the school.

1. Requirement to Disclose Pre-Enrollment Contact

All Transfer students shall submit a completed CIF Pre-Enrollment Contact Affidavit (CIF Form 510) with appropriate transfer application(s) as required by their respective Section under Bylaw 207. Any and all pre-enrollment contact of any kind whatsoever that a student or anyone associated with the student, has had with a person associated with the new school must be disclosed by the student, parent(s)/guardian(s)/caregiver and the new school to the Section office on a complete CIF Pre-Enrollment Contact Affidavit (CIF Form 510).

NOTE: CIF Form 510 is available through the San Francisco Section Office.

2. Definition of Being Associated with a School

Persons associated with a school include, but are not limited to: current or former coaches, current or former athletes, parent(s)/guardian(s)/caregiver of current or former student/athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees, coaches who become employed, active applicants for coaching positions, and persons who are employed by companies or organizations that have donated athletic supplies, equipment or apparel to that school.

E. Athletically Motivated Transfers

The CIF, as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council. As stated in CIF Bylaw 200.A.(6) the CIF Bylaws shall serve as a deterrent to students who transfer or change schools for athletic reasons and to individuals who attempt to recruit (unduly influence) student-athletes or their parents to enroll in a school because of athletics.

As stated in CIF Bylaw 200.A.(2) the CIF Bylaws reinforce the principle that students attend school to receive an education first; athletic participation is secondary. CIF Bylaws provide for individual Section Offices to limit eligibility for a student when there is evidence the transfer, or move is made to acquire athletic participation at their new school (School B).

Students may be determined by their respective CIF/Section Office or the CIF to have made an athletically motivated transfer or change in schools if one or more of the following circumstances are determined to have contributed in any way to the transfer or change in schools:

1. **Transferring to a School after Participating on a Non-School Athletic Team, Camp or Clinic Associated with the School**
The student transfers from his or her current school of attendance, with or without a corresponding change of residence, to any high school where the student participates or participated, during the 24 months immediately prior to the transfer, on a non-school athletic team, (i.e. AAU, American Legion, club team, etc.), camp or clinic that is associated* with (See definition in D.(2)) the new school in the sports previously participated in. A team associated with a school is one that is organized by and/or coached by any member of the coaching staff at, or any other person associated* with (See definition in D.(2)), that school; and/or, on which the majority of the members of the team (Participants in practice and/or competition are students who attend that school). AND/OR
2. **Transferring to a School Where a Former High School Coach Has Relocated**
The student at any grade level transfers to a new school within one calendar year of the relocation of his/her school or club coach to the student's new school of enrollment with or without a corresponding change in residence; AND/OR
3. Other factors that may be considered in support of evidence of athletic motivation:
 - a. Evidence the student's transfer or change of schools is because of the student's previous association with an outside agency that uses the facilities or personnel of the student's new school (School B); AND/OR
 - b. Evidence that multiple students have transferred or changed schools to participate in a particular sports program at one school.

(Revised May 2002 Federated Council/Revised May 2007 Federated Council/Revised May 2008 Federated Council/Revised May 2009 Federated Council/Revised February 2013 Federated Council/Revised April 2017 Federated Council)

SECTION 11 SUSPENDED SCHOOLS

When a school in any Section is suspended from participating in any sport, that school is not to play with any other school in the Federation in that sport during the period of suspension. Any CIF member school that competes against a suspended program shall be subject to disciplinary action by their CIF Section and by the CIF Federated Council.

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(Up to \$1,115 retail value)

OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews
OR (8) Cases of Gatorade Prime® Fuel Bars (96 servings)
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CHOOSE UP TO THREE OF THE BELOW PREMIUMS

- (1) 7 Gallon Cooler
- (1) 10 Gallon Cooler
- (1) 60 Quart Ice-Chest on Wheels
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- (24) Gatorade® Contour Bottles
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(Up to \$840 retail value)

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- OPTION #1 – (10) Cases of Gatorade Prime® Energy Chews (160 servings)
- OPTION #2 – (10) Cases of Gatorade Prime® Fuel Bars (120 servings)
- OPTION #3 – (1) Case of Gatorade® Thirst Quencher Powder
and (1) Case of 7 oz. Cups (yields 84 gallons total)
- OPTION #4 – (10) Cases of Gatorade Recover® Protein Shakes (120 servings)
- OPTION #5 – (10) Cases of Gatorade Recover® Whey Protein Bars (120 servings)

*Create Your Own G Series® must consist of two different options.



REFUEL & RESTORE

\$75

(\$185 retail value)

IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (1) Case of 7 oz. Cups (2,000/case) OR (24) Gatorade® Contour Bottles

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PART VI

BYLAWS:

OUTSIDE COMPETITION

SECTION 0 COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an outside team, in the same sport, during the student's high school season of sport (See CIF Bylaw 511, CIF San Francisco Section Bylaws Part V, Section 11). The following exceptions apply:

- A. If the outside team has half or more of the team members as stated in the National Federation rules book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.
- B. **Flag Football/Beach Volleyball/Slow Pitch Softball**
For purposes of this rule, touch football, flag football, beach volleyball and slow pitch softball are considered to be different sports than tackle football, volleyball and softball respectively.
- C. **Soccer**
In the sport of soccer, CIF Bylaw 600 (CIF San Francisco Section Bylaws Part VI) shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to CIF Bylaw 600 (CIF San Francisco Section Bylaws Part VI).
NOTE: For the purposes of the section, indoor soccer and futsal are not considered the same sport. (Approved October 2008 Federated Council)
- D. **Swimming and Diving**
Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship meet and the USA Swimming Junior Olympic Meet. Divers may compete for an amateur team during the season of sport in the USA National Championships, USA Junior National Championships and any Regional and/or Zone Championship meet that qualifies the diver to the aforementioned Championships.
(Editorial Revision May 2017)
- E. CIF Bylaw 600 (CIF San Francisco Section Bylaws Part VI) shall not be in effect for those sports conducted outside the State adopted season of sport.
- F. **Spontaneous Recreational Activity**
It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (Definition of spontaneous: no prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.).

Q: What is an outside team?

A: An outside team is one that is organized through a non-school organization such as, but not limited to, youth teams, community teams, club teams, national teams, park and recreation teams, etc.

Q: Is attendance by an individual student-athlete at a non-school practice, camp or clinic considered participation on an outside team if it occurs during that sport's season of sport?

A: No. Individual student-athletes may attend a non-school practice, camp or clinic during that sport's season of sport (unless your school and/or CIF Section has developed a more restrictive rule).

Q: May an individual student-athlete compete in a scrimmage or game while attending a non-school practice, camp or clinic during that sport's season of sport?

A: Yes, as long as they are attending that camp as an individual (unless your school and/or CIF Section has developed a more restrictive rule).

- G. **Unattached Competition Individual Sports (see also CIF State Bylaw 215, CIF San Francisco Section Bylaws Part II, Section 25)**
 - 1. An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or outside team. Any violation shall be considered an infraction of CIF Bylaw 600 (CIF San Francisco Section Bylaws Part VI).
 - 2. Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf,

gymnastics, skiing, swimming and diving (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

3. **Certification of Unattached Athletes**

No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.

4. **Representation in CIF Competition**

Unattached competition is not permitted in any CIF competition (See CIF Bylaw 302). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

NOTE: Alpine, Nordic Skiing and Snowboarding are exempt from this Bylaw as the season of sport is not defined and listed under Bylaw 504.H and all competitions are done in conjunction with the Nevada Interscholastic Activities Association.

(Revised October 2008 Federated Council)

Q: May an athlete compete unattached in a collegiate track meet?

A: No. CIF students are not eligible to compete at intercollegiate events (CIF State Bylaw 215, CIF San Francisco Section Bylaws Part II, Section 25).

Q: May an athlete compete unattached in “open competition” at a joint sanctioned event?

A: No. A high school student who has any eligibility left at a high school shall not participate in any “open competition” event. A high school student may only compete in a high school division comprised of high school student-athletes at these events (CIF State Bylaw 702(C), CIF San Francisco Section Bylaws Part VII, Section 2).

Q: May an athlete compete unattached in a national governing body event?

A: Yes. An athlete may compete unattached in an event such as the heptathlon or decathlon when the National Governing Body of that sport administers the event(s).

Q: May an athlete compete unattached in an “open competition” event?

A: Yes. Bylaw 600(G) permits unattached competition in individual sports. An Athlete may compete unattached in an “Open Competition” event such as a road race, 5k fun run of similar community sponsored event.

SECTION 1 PENALTIES FOR VIOLATION OF CIF BYLAW 600

A. Individual

1. **First Offense in High School Career in Any Sport**

The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

2. **Any Subsequent Offense in High School Career in Any Sport**

The student becomes immediately for one year (365 days) from the second infraction in all sports.

a. **Appeals**

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team

1. **Games Forfeited**

Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 (CIF San Francisco Section Bylaws Part VI) shall be forfeited.

2. **Appeals**

Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

(Revised May 2004 Federated Council)

2.1 The CIF San Francisco Section will not entertain requests for waivers of game forfeitures for violations of CIF Bylaw 600.

SECTION 2 PAN-AMERICAN, US PARALYMPICS, OR OLYMPIC COMPETITION

During the high school season of sport, a high school student who has been selected or qualified for participation on the United States team, which will engage in Pan-American, US Paralympics or Olympic competition, may participate on that team.

SECTION 3 OLYMPIC DEVELOPMENT PROGRAMS

During their high school season of sport, a high school student who has been selected or qualified for an Olympic development program by the respective National Governing Body for that sport, shall be permitted to participate in such a program without loss of interscholastic eligibility, if the following conditions are met:

- A. The Olympic development program is:
 - 1. Verified as such by the State CIF; AND
 - 2.
 - a. Conducted or sponsored by the United States Olympic Committee; OR
 - b. Directly funded and conducted by the U.S. national governing body for the sport on a national level; OR
 - c. Authorized by a national governing body for athletes having potential for future national team participation; AND
- B. The student informs the high school principal at least 30 days prior to participating in the program; AND
- C. The principal verifies the authenticity of the program; AND
- D. The student makes prior arrangement to complete missed academic lessons, assignments and tests before the last day of classes of the semester in which the student's absence occurs.
- E. This bylaw was written with the intent that only individual student-athletes that have been identified by the respective National Governing body for that sport, as having Olympic potential, would be eligible for this exemption of CIF Bylaw 600. Individual student-athletes who are members of a club team(s) consisting in whole or part of high school age athletes, participating in any competitions (e.g. Super Y League events, USA Youth Soccer National League, championships, etc.), even if the competition itself is labeled as an ODP event, that occur during the high school student's season of sport are not eligible for this exemption.

NOTE: It is up to the school and individual(s) participating to confirm that above events have been approved by the CIF (visit www.cifstate.org).
(Revised Federated Council May 2007)

SECTION 4 INTERNATIONAL COMPETITION

The Executive Director may grant approval, upon individual petition, for an athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States and the international governing body. (Revised May 2003 Federated Council)

SECTION 5 PROFESSIONAL TRYOUT

A student shall become ineligible for CIF competition if he/she participates in any tryout for a professional team in any CIF-approved sport during the high school season of sport. The season of sport for a school is that period of time that elapses between the first interscholastic contest and the final contest in that particular sport.

NOTE: See CIF Bylaw 1200 for CIF-approved sports. (Revised May 2009 Federated Council)

PART VII

BYLAWS:

SANCTIONS

SECTION 0 PARTICIPATION

All competition in CIF-approved sports, in which high school students participate as representatives of their high schools, shall be conducted under the auspices of a CIF-member high school, CIF league or CIF Section, and with the approval, if necessary, of the State CIF and the National Federation (See CIF Bylaws 703-705, CIF San Francisco Section Bylaws Part VII, Sections 3-5). Only students enrolled in, and teams representing, CIF-member high schools or otherwise approved schools (See CIF Bylaws 502, 703-705, CIF San Francisco Section Bylaws Part V, Section 2 and Part VII, Sections 3-5) may participate in such athletic competition. (Revised May 2003 Federated Council)

SECTION 1 JOINT SANCTIONING SPONSORSHIP

Assistance from outside organizations may be secured by the sponsoring high school, but the high school must direct and manage the event, or high school section of an “open division competition” event, and be fully responsible. To ensure that high school competition is conducted in accordance with CIF rules, the following guidelines must be followed:

- A. Any interstate or international event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside school community.
- B. Samples of information bulletins, invitations and entry forms must be submitted for sanctioning approval to the NFHS (See CIF Bylaws 703-705) at www.nfhs.org.
- C. The host school event manager is responsible for accessing the NFHS on-line sanctioning page and completing all necessary information and fees
- D. Any event program published in connection with a CIF-sanctioned activity must indicate the name of the host high school, league or CIF Section, and that CIF sanction has been issued.
- E. Management and control of all finances connected with the activity shall remain with the host high school, league or CIF Section. If requested by the State CIF Office, a financial statement indicating all high school, league or CIF Section revenues and expenditures must be filed with the State CIF Office.
- F. If the title of a California host event includes the name of an outside organization, the title must be preceded by the name of the sponsoring high school, league or CIF Section.
(Approved May 2009 Federated Council)

SECTION 2 ADMINISTRATION OF JOINT SANCTIONED EVENT

- A. If a CIF high school, league or Section sponsors a sanctioned CIF invitational event at the same time and place where an “open division competition” event is being held, the high school competition must be administered by a CIF high school, league or Section.
- B. The high school event must be limited to entries from CIF-member schools whose athletes are eligible under CIF rules. Any other entries must receive the approval of the State CIF Office, as specified in CIF Bylaws 703-705 below.
- C. A high school student who has any eligibility left at a high school shall not participate in any “open division competition” event.
- D. The “open division” event management is requested not to accept an entry from an ineligible high school student, unless the student has already completed eight semesters of eligibility, or unless the student is beyond CIF age requirements.
- E. CIF high school event sanction approval will not be issued if a high school student with any remaining eligibility is to be invited to the “open division” section of the event.
(Approved May 2003 Federated Council)

Q: May an athlete compete unattached in a collegiate track meet?

A: No. CIF students are not eligible to compete at intercollegiate events (CIF State Bylaw 215, CIF San Francisco Section Bylaws Part II, Section 25).

Q: May an athlete compete unattached in “open competition” at a joint sanctioned event?

A: No. A high school student who has any eligibility left at a high school shall not participate in any “open competition” event. A high school student may only compete in a high school division comprised of high school student-athletes at these events (CIF

State Bylaw 702(C), CIF San Francisco Section Bylaws Part VII, Section 2).

Q: *May an athlete compete unattached in a national governing body event?*

A: Yes. An athlete may compete unattached in an event such as the heptathlon or decathlon when the National Governing Body of that sport administers the event(s).

Q: *May an athlete compete unattached in an "open competition" event?*

A: Yes. Bylaw 600(G) permits unattached competition in individual sports. An Athlete may compete unattached in an "Open Competition" event such as a road race, 5k fun run of similar community sponsored event.

SECTION 3 INTER-SECTIONAL/BORDER STATES COMPETITION

State CIF and National Federation sanction approval is not necessary for CIF-approved sports competition conducted between member schools of the CIF Sections and/or Border States. **NOTE:** For purposes of the provisions of CIF Article 70 (Sanctioned Events), the following are considered to be border states: Alaska, Arizona, Hawaii, Nevada and Oregon. School teams from Canada and Mexico that meet the eligibility criteria of CIF Bylaw 705D (CIF San Francisco Section Bylaws Part VII, Section 5(D)) will also be considered border states. (Approved May 2003 Federated Council)

SECTION 4 INTERSTATE COMPETITION

- A. Dual competition (involving two schools only) in CIF-approved sports does not require sanction approval by the State CIF and/or National Federation when a CIF-member school competes against a member school from another state association.
- B. All competition in CIF-approved sports, involving any of the following requires a sanction.
- * Any interstate or international event involving two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the school community
 - * Events in non-bordering states if five (5) or more states are involved.
 - * Events in non-bordering states if more than eight (8) schools are involved.
 - * Any event involving two (2) or more schools that involves a team from a foreign country. The exceptions to this rule are Canada and Mexico which are considered bordering states by the National Federation of High Schools and the California Interscholastic Federation.
1. **Host School Procedures**
 In applying for all necessary approval (as described above) of such an event, the host school event manager must access and register and follow all sanctioning deadlines as listed at www.nfhs.org no later than 60 days prior to the event. Completion of the registration, application and appropriate fees can ONLY be completed electronically at www.nfhs.org. Late fees will be assessed for application filed less than 60 days prior to the event.
- a. **Eligibility of Participants**
 The hosting entity is responsible for submitting, upon request, to its respective Section Office written verification of all of the following.
- (i) All participants in the event represent only their respective schools of enrollment; AND
 - (ii) All participants in the event meet the provisions of the following CIF Bylaws: 203 (Age Requirement); 204 (Eight Semesters); 213 (Amateur Standing); 600 (Outside Teams) and 900 (All-Star Competition); AND
 - (iii) All participants in the event meet the eligibility standards of their respective state and national associations, including, but not limited to, maintaining minimum progress toward meeting the high school graduation requirements as prescribed by their respective governing boards.
- b. The respective Section Commissioner will indicate his/her action (approval or denial) and, if approved, notify the State CIF.
- c. The State CIF, upon receipt and approval of the application, will process the application to the National Federation (if applicable).
2. **Traveling School Procedures**
 Schools wishing to travel out-of-state to a school sponsored sanctioned event, should be aware of the following procedures:
- a. The hosting school event manager is responsible for processing any application which invites California school participation in an out-of-state event involving schools from multiple state associations, in CIF-approved sport competition.

- b. Upon receipt of the application, the State CIF will process the request to Section offices on behalf of the invited schools.
- c. Following Section action, the State CIF will return the form to the National Federation for final approval.
- d. The State CIF is responsible for notifying the invited Section of final action.

NOTE: It is the responsibility of both the host and traveling schools to confirm approval with the National Federation via the NFHS website.

SECTION 5 INTERNATIONAL COMPETITION

A. **Approval of Competition**

All international high school competition in CIF-approved sports must have the approval of the participating school's CIF Section Office, and when necessary, the State CIF and the National Federation and the sanction of the appropriate international body involved.

B. **Sanctioning of Qualifying Trials**

The State CIF will not sanction qualifying trials for an individual or team for the purpose of selecting undergraduates for international competition. Such selection must be made on the basis of previous performance of the individual or team.

C. **Hosting School Procedures**

In applying for all necessary approvals (as described above) of such an event, the host school event manager must access and register and follow all sanctioning deadlines as listed at www.nfhs.org no later than 60 days prior to the event. Completion of the registration, application and appropriate fees can ONLY be completed electronically at www.nfhs.org. Late fees will be assessed for application filed less than 60 days prior to the event.

D. **Eligibility of Participants**

The hosting entity is responsible for submitting to its respective CIF Section Office written verification of all of the following:

1. All participants in the event represent only their respective schools of enrollment; AND
2. All participants in the event meet the provisions of the following CIF Bylaws: 203 (Age Requirement), 204 (Eight Semesters), 213 (Amateur Standing), 600 (Outside Teams) and 900 (All-Star Competition); AND
3. All participants in the event meet the eligibility standards of their respective state and national associations, including, but not limited to, maintaining minimum progress toward meeting the high school graduation requirements as prescribed by their respective governing boards.

E. **Traveling School Procedures**

Schools wishing to travel internationally to participate in a school sponsored sanctioned event should be aware of the following procedures:

1. Schools traveling internationally to destinations other than to Canada or Mexico must:
 - a. File any paperwork required by their respective Section
2. Schools traveling to all international destinations must submit to its respective Section Office written verification of the eligibility of all participants in the event, as stipulated in 705.D above.

NOTE: Consult your Section office for application deadlines.
(Revised November 2009 Federated Council/Editorial Revision May 2014)

SECTION 6 PENALTY FOR VIOLATIONS

Any violation of the provisions of CIF Article 70 (Sanctioned Events) may be cause for refusal of sanction approval or suspension of the participating schools from CIF competition. The Federated Council shall determine any period of suspension. Suspended schools may apply only to the Federated Council for reinstatement.

PART VIII

BYLAWS:

AWARDS FOR CIF COMPETITION

SECTION 0 PARTICIPATION AWARD RULES

A high school student is governed by CIF rules when the student participates in CIF competition. When the student participates in other than CIF competition in a CIF approved sport, at any time during the calendar year, the student is governed by the awards rules of the amateur governing body for that sport. If the student violates the amateur standing rule of the amateur governing body for that CIF approved sport, the student is ineligible for CIF competition, except whenever the amateur governing body rule for that sport is more stringent than the CIF rule, the CIF rule shall prevail.

SECTION 1 COACHES AWARD LIMITATIONS

No tournament will be sanctioned if an award of over \$100.00 in value is made to coaches.
(Revised May 2011 Federated Council)

SECTION 2 STUDENT AWARD LIMITATIONS

- A. A high school student may not receive, from any and all sources, athletic awards for athletic achievement in a given sport totaling more than \$250.00 in value for:
1. Accomplishments in any regular season CIF high school competition event;
NOTE: Typical examples of a regular season CIF high school competition event include, but are not limited to, any non-league dual contest, league dual contest and/or individual tournaments held prior to any season-culminating League, Section, Region and/or State Playoff competition.
 2. A recognition award program, such as Player of the Week/Month, for any regular season CIF high school competition.
- B. A high school student may not receive, from any and all sources, athletic awards for athletic achievement in a given sport totaling more than \$500.00 in value for any post season CIF high school competition or recognition program.
NOTE: For purposes of this Bylaw only, post season CIF high school competition includes League, Section, Region and State Playoff competition, and such competition is considered to be one continuous event.
- C. The dollar value of an award shall be determined by the following criteria:
1. The retail price paid by the last purchaser in the acquisition of the award;
 2. If the host school or League purchases the award, the retail price paid by the host school or League;
 3. If the award is donated by another entity, the retail price paid by or cost to that entity, exclusive of engraving.
- D. Such award cannot be cash, a gift certificate or merchandise alone. It may be merchandise, badge, medal, plaque, ribbon, picture, certificate or trophy, if it is suitably engraved or designated as an award.
- E. In the event a student accepts athletic awards in excess of the respective \$250.00 and/or \$500.00 value(s) stated above, and he/she or his/her parent(s)/guardian(s)/caregiver does not pay the excess amount(s), the student is ineligible for further CIF high school competition and shall be penalized according to CIF Bylaw 212.
(Revised May 2011 Federated Council)

SECTION 3 CONTRIBUTIONS

- A. No entity including, but not limited to, booster clubs, individual or corporate donors, school districts, and leagues, may contribute anything in order to make it possible to give an award exceeding the \$250.00 or \$500.00 value.
- B. Awards exceeding the \$250.00 and \$500.00 values may not be held and given to the student after the student graduates.
(Approved May 2011 Federated Council)

SECTION 4 EQUAL VALUE OF AWARDS

Whenever a CIF athletic event is conducted for girls teams and boys teams in the same sport, awards of equal value for boys competition and girls competition shall be provided at each equivalent event of competition. Such awards need not be identical. The value of awards for junior varsity or other level of competition need not be the same as for varsity, but at each level of competition awards for boys and girls should be of equal value.

SECTION 5 ANY GIFT OR TOTAL OF GIFTS, SPONSORSHIPS, OR CONTRIBUTIONS, VALUED AT \$500.00 OR MORE TO AN ATHLETIC PROGRAM, TEAM, OR COACH

- A. Information on any gift or total of gifts, sponsorships or contributions of \$500.00 or more yearly to an athletic program, team or coach which is meant to support that program, team or coach must be reported to the governing body or administrative officer responsible for policy development related to athletics.
- B. If requested, a record of gifts, contributions or sponsorships must be made available to the Section to which the school belongs and to the State CIF. Such a record should include the date and amount as well as a copy of any existing contractual obligations related to the gift, contribution or sponsorship, and a clear record of the disbursement of the funds.
- C. The acceptance and disbursement of any gifts, contributions or sponsorships must also be in accord with school administrative and district policy and as stipulated under the conditions of membership as outlined in CIF Article 2-22. (Revised May 2003 Federated Council)
- D. In the case of private schools or public charter schools specifically exempt from such regulations, the Section or State may require the implementation of reasonable administrative review practices and procedures, concerning the receipt and disbursement of gifts, contributions or sponsorships. (See also CIF Bylaw 311 - Donated Equipment)

Q: May a school or team accept prize money for participation in an event?

A: No.

(Revised May 2008 Federated Council)

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PART IX

BYLAWS:

ALL-STAR COMPETITION

SECTION 0 PARTICIPATION

- A. A graduating senior is any student who has started his/her seventh semester of eligibility and has completed the current school year season of sport prior to the high school all-star competition in that sport.
- B. For graduating seniors only, high school all-star competition (including practices and/or tryouts) may not begin until the conclusion of the last CIF Section or State contest in that sport.
- C. Undergraduates (grades 9-11) are prohibited from participating in high school all-star competition (including practices and/or tryouts) from September 1 through the completion of the last CIF scheduled sanctioned event for that school year.

NOTE: 2020 June 3
2021 June 2

- D. For purposes of interpreting the CIF All-Star bylaw, high school all-star competition in any game, contest, or exhibition (including practices and/or tryouts) in which teams compete and the team participants include students from CIF member schools selected on a basis that involves, but may not necessarily be limited to, their high school athletic accomplishments. The following guidelines are to be considered in determining whether the activity is high school all-star competition:
 1. If the team name or activity includes all-star in its title, it shall be considered all-star competition unless it qualifies otherwise by these guidelines;
 2. If a team includes high school participants and the team purports to represent outstanding players from any community, county, State or geographical region, it shall be considered all-star competition unless it qualifies otherwise by these guidelines;
 3. If a team includes high school participants and the team represents itself in name, publicity, or programs as being composed of outstanding players from two or more high schools, or from one or more CIF leagues, or from one or more CIF Sections, it shall be considered all-star competition unless it qualifies otherwise by these guidelines;
 4. If no admission charge is made nor donation solicited for the activity, it shall not be considered all-star competition;
 5. If the team(s) represents an organized sports association, religious organization, or municipal recreation department and the team(s) is comprised solely of current participants in ongoing leagues or divisions of that organization, it shall not be considered all-star competition;
 6. If the team(s) is comprised solely of current members of an incorporated athletic club, it shall not be considered all-star competition.
(Revised May 2003 Federated Council)

SECTION 1 PENALTIES FOR VIOLATIONS OF CIF BYLAW 900

- A. **School**
Violations of CIF Bylaw 900 may cause the school involved to be suspended from membership in the CIF. Participation by member schools, by their school officials, or by any employee of the school, directly or indirectly, in the furnishing of school facilities or equipment, management, organization, supervision, player selection, coaching, or promotion in connection with any prohibited contests shall be considered a violation of CIF Bylaw 900. The period of suspension shall be determined by the Federated Council. Suspended schools shall apply to the Federated Council for reinstatement.
- B. **Student**
Any student taking part in a prohibited all-star contest or similar contest shall be barred from all CIF athletic contests for up to one year following the date the infraction is verified.

PART X

BYLAWS:

CIF STATE APPEALS AND DELEGATED POWERS

**SECTION 0 CIF STUDENT TRANSFER ELIGIBILITY APPEALS PROCEDURES
(CIF BYLAWS 206, 207, 208)**

An appeal of a Section's decision to grant limited transfer eligibility shall be reviewed only in accordance with the policies, provisions and procedures set forth in the Policy and Procedures for Appeal of the Section Decision on Transfer Eligibility for Athletic Participation which is available on the State CIF website (www.cifstate.org) in Parent handbook II – Understanding the Transfer Appeal Process. Sections are not permitted, and have no authority to, determine an appeal of a Section's decision regarding transfer eligibility.

NOTE: All eligibility determinations made by the respective CIF Section office under the provisions of 207.B.(5)c.(unlimited eligibility applications) are final as all of these hardship circumstances are factual in nature and can/must be documented. Only students whose eligibility status was determined due to any violations listed below may appeal the section's decision. The details and timelines of the appeal process is available on the State CIF website as outlined in the Parents Handbook II – Understanding the Transfer Appeal Process.

- A. 207.B.(5)a.(iv) or b.(v) or c.(iii)
- B. 510 – Undue Influence, Pre-enrollment contact, Failure to Disclose Pre-enrollment contact and Athletically Motivated Transfers
(Revised April 2017 Federated Council)

SECTION 1 SECTION STUDENT ELIGIBILITY APPEALS PROCEDURES (CIF BYLAWS 203, 204.D, 205.C)

Each Section shall establish appellate procedures for review of a Section's decision regarding waiver of the age requirement (CIF Bylaw 203); waiver of a charge of a semester of attendance (CIF Bylaw 204.D.); and waiver of the requirement to be passing 20 semester credits of work (CIF Bylaw 205.C.), which incorporate the following requirements in final Section determination of student athletic eligibility. (**NOTE:** *The CIF San Francisco Section appeals process is set out in CIF San Francisco Section Bylaws Part I, Section 34.*)

In an appeal of any decision that includes not only a transfer request but also a request for waiver of the age requirement, charge of a semester, and/or passing 20 semester credits of work, the transfer request issue will be held in abeyance until all other issues are determined in accordance with Section appeal policies and procedures to a final determination. The procedural requirements for determination of the transfer request under the Policy and Procedures for Appeal of the Section Decision on Transfer Eligibility for Athletic Participation will be tolled until that final determination of other issues is made by the Section.

Upon written appeal of CIF Bylaws 203, 204.D or 205.C (CIF San Francisco Section Bylaws Part II, Sections 13, 14(D), and 15(C)), the Section shall appoint either:

- A. A hearing panel; OR
- B. A single hearing officer.

The panel or hearing officer shall be empowered to hear the matter under consideration and rule on the eligibility status of the appellant under Section and State CIF eligibility requirements. Neither members of the hearing panel, nor a single hearing officer can have been directly associated with the matter under consideration or directly associated with the schools involved in the matter or have any other interest, personal or professional, that would preclude a fair and impartial hearing. If it is apparent from the facts that the panel or the hearing officer have no authority to adjudicate the matter under the rules, the Section may find the appeal to be without merit and deny a hearing. The Section hearing need not be conducted according to the rules of evidence and those related to witnesses. Any relevant evidence including hearsay evidence shall be admitted. All testimony shall be given under oath or affirmation administered by hearing officer (a member of the panel or a single hearing officer).

(Revised May 2003 Federated Council)

Dates and Deadlines for Section Student Eligibility Appeals

1. A final appeal to the CIF Section, under this Bylaw, must be initiated within 30 calendar days after a written notice of a Commissioner, hearing panel or single hearing officer's decision denying eligibility is sent (by postmarked mail) to the affected party.
2. If the affected party fails to file the appeal within the 30 calendar day period, the Section's hearing panel or hearing officer will not hear the appeal, and the Commissioner's decision, or hearing panel or hearing officer's decision, denying eligibility, shall be final.
3. Within 10 business days after receiving the appeal, the CIF Section will send notice of the receipt of the appeal to the Section's panel or hearing officer, and to the appellant.

4. Within 30 business days after notifying both parties, a hearing shall take place at a time and place determined by the Section's panel or hearing officer. Any continuance of the timelines must be agreed upon and documented.
 5. A written decision of the Section's panel or hearing officer shall be sent to the Section Commissioner and appellant within 10 business days after the hearing.
 6. From the last published CIF sponsored activity until August 15, appeal hearings may be held if the State or Section can accommodate such a request with available personnel.
- (Revised May 2007 Federated Council)

SECTION 1.5 SAN FRANCISCO SECTION APPEALS HEARINGS PROCEDURE

CIF San Francisco Section appeals hearing procedures are set out in Part I, Section 35 of these Bylaws.

SECTION 2 STATE REVIEW PROCEDURE OF SECTION APPEAL PANEL DECISIONS

Appeals of final decisions determined through the CIF Section appeals procedure concerning student eligibility involving requests for waiver of the age requirement, waiver of a charged semester of attendance and/or waiver of the requirement to pass 20 semester credits of work may be presented to the State CIF Executive Director's Office after the CIF Section decision has been made in accordance with the following, if the appellant believes that the Section violated one or more of the following procedural guidelines:

- A. Was the Section's decision or action lawful; i.e., did the decision or action violate Title V, the Education Code, etc. and did it extend appropriate due process to the parties?
- B. Was the Section's decision or action fraudulent?
- C. Did the Section act arbitrarily?
 1. Did the Section have rules and criteria by which it reached its decision?
 2. Were the Section's rules and criteria reasonable; i.e., do the Section's rules reasonably relate to a legitimate objective?
 3. Did the Section follow its own rules and criteria?
 4. Does the Section's action or decision have a basis in reason, or in other words, a reasonable basis?

The test to be employed in the application of these criteria is whether responsible people, acting in a thoughtful manner, could reasonably have reached the same decision as the Section and not whether others might personally agree with the decision.

The Executive Director, upon receiving such an appeal, may review the Section's decision based on the above guidelines to determine whether its action was a violation of any of the above. If, in his or her judgment, this is the case, the Executive Director may return this matter to the Section for further review, or, if necessary, set aside the decision and take jurisdiction consistent with CIF Bylaw 1109.A.

(Revised May 2007 Federated Council)
- D. **Dates and Deadlines for State CIF Student Eligibility Appeals**
 1. An appeal to the Executive Director, under this bylaw, must be initiated within 30 calendar days after a written notice of a CIF Section's decision denying eligibility is sent (by postmarked mail) to the affected party.
 2. If the affected party fails to file the appeal within the 30 calendar day period, the Executive Director will not hear the appeal and the CIF Section's decision, denying eligibility, shall be final.
 3. If the appeal is filed within the 30 business day period, the Executive Director will send notice of the receipt of the appeal, within 10 calendar days after receiving the appeal, to the CIF Section, and to the appellant. The notice to the CIF Section shall include all documents filed by the appellant.
 4. The CIF Section may file a response to the appeal within 15 business days after receiving the notice of appeal. The response shall be served on the appellant. The appellant may have five days to file a reply with the

Executive Director.

5. A written decision of the Executive Director shall be sent to the CIF Section and appellant within 15 business days of receipt of the final reply.
(Revised May 2003 Federated Council)

SECTION 3 CIF SECTION APPEALS PROCEDURES INVOLVING MATTERS OTHER THAN STUDENT ELIGIBILITY OR SECTION PLAYOFFS

In the final CIF Section determination of rules questions other than student eligibility or CIF Section playoffs, each CIF Section shall establish appellate procedures which incorporate the following requirements:

- A. Upon written appeal, the Section shall cause a hearing body to be convened. Said body shall be empowered to hear the matter under consideration and rule on the matter at hand;
- B. Sections shall publish appeal procedures and provide appropriate due process for schools engaged in any appeal under the CIF Section and/or State CIF Bylaws;
- C. Sections shall provide for timely notice of appeals, time schedule of such appeals, and written notice for determination of the matter being appealed;
- D. Section appellate procedures shall allow for written and verbal presentations by the appellant to hearing bodies and testimony by knowledgeable parties.

SECTION 4 CIF SECTION PLAYOFF APPEALS PROCEDURES INVOLVING SECTION RULES AND REGULATIONS ONLY

Each CIF Section shall establish, to the greatest extent possible, a fair procedure to ensure a review of such matters, consistent with the time constraints involved. The decision of the Section on such matters will be final.

SECTION 5 STATE CIF PLAYOFF APPEALS PROCEDURES

The State CIF Executive Director shall have full authority to rule on any appeal directly involving State playoffs or to delegate such authority to game or meet authorities. Such a delegation of authority would not prevent the Executive Director from subsequently assuming jurisdiction if the Executive Director believed conditions warranted.

SECTION 6 INTER-SECTIONAL DISPUTES PROCEDURE

In the event that two Sections cannot come to a mutual agreement on an issue, a three-person committee composed of the President, President-Elect and Past President, along with the State CIF Executive Director, is authorized to hear the issue and render a decision which would be binding. If any member of the Committee is a representative of a CIF Section involved in the dispute, the President shall select another member of the Federated Council to serve on the Committee for that particular issue.

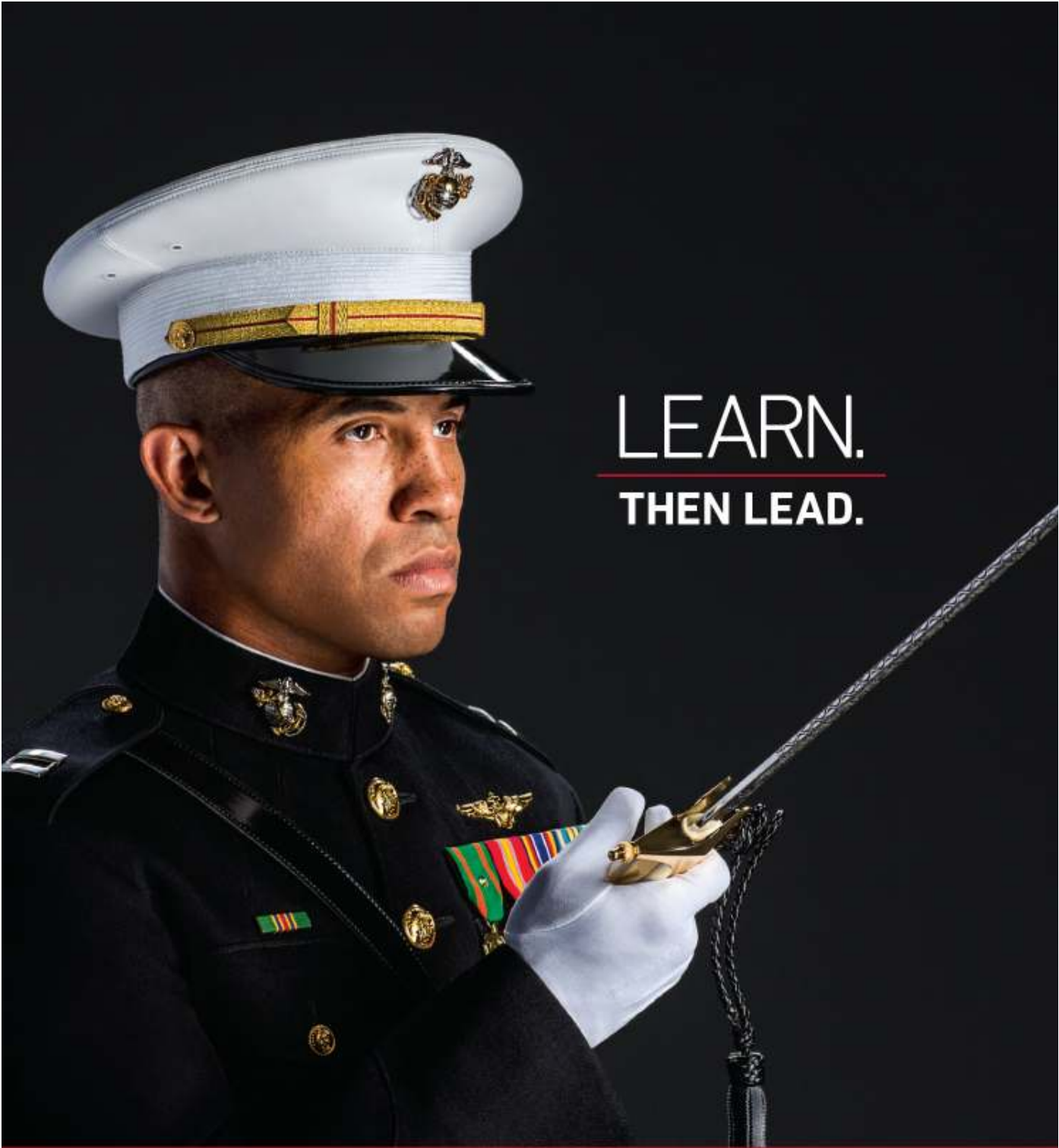
SECTION 7 EXECUTIVE DIRECTOR'S AUTHORITY TO INTERPRET

The CIF Executive Director is authorized to interpret the State CIF Constitution, Bylaws, and Federated Council regulations, and to issue such official interpretations in writing to all CIF Sections. The Executive Director will report any official interpretations issued at subsequent Executive Committee meetings for their review and consideration. The State Executive Director may review decisions of the State Appeals Office before issuance for compliance with the CIF Constitution and Bylaws and compliance with Title V, the Education Code, etc., and whether it extended the appropriate due process to the parties.

(Revised May 2007 Federated Council)

SECTION 8 DELEGATED POWERS

- A. In emergency situations, the State CIF President or Executive Director or his/her authorized designee may act for the Federated Council in the best interest of the organization. This action will be reviewed by the Executive Committee as soon as possible.
- B. Between meetings of the Federated Council, the Executive Committee shall be empowered to act for the Federated Council when necessary. This action will be subject to the approval of the Federated Council at its next meeting.



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PART XI

BYLAWS:

RULES
AND
REGULATIONS
PERTAINING
TO
LEAGUE
ADMINISTRATION

SECTION 1 AUTHORIZED SPORTS

The CIF San Francisco Section adheres to the CIF's Approved Sports Bylaw (*CIF Article 120, Bylaw 1200*). The CIF San Francisco Section authorizes the sport of fencing, a non-CIF approved sport. Approved AAA league interscholastic sports are: badminton, baseball, basketball, competitive cheer, cross country, fencing, flag football, football, golf, soccer, softball, swimming, tennis, track and field, volleyball, and wrestling.

- A. All of the above listed CIF approved sports are to be listed in CIF Section Bylaws; interscholastic competition in approved sports shall be conducted under CIF rules.
- B. All sports or events not listed as approved CIF sports need not be conducted under CIF rules or jurisdiction.
- C. Boxing is not approved as a CIF interscholastic sport. Schools participating in interscholastic boxing may be barred from all CIF competition for a period of time up to one (1) year in duration.

SECTION 2 OFFICIAL RULE BOOK

The official rule books for all sports, except as otherwise noted herein, shall be those of the National Federation of State High School Athletic Associations (current year). Their publications include baseball, basketball, cross country, football, gymnastics, lacrosse, soccer, softball, spirit, swimming, track and field, volleyball, and wrestling. Golf uses the USGA rule book. Tennis uses the USTA rule book. Badminton uses the rule book of the U.S. Badminton Association. Fencing uses the rule book of the U.S. Fencing Association. Flag Football uses the NIRSA rule book.

SECTION 3 TEAM ENTRIES

- A. A school that entered a team into the AAA's league for a sport during the previous season is expected to inform the AAA Athletic Office of their intent to either enter or not enter their team for the current season. Such information shall be provided by the date designated by the Commissioner of Athletics. If no information is received, said team will be presumed to be entering for the current season. If a school that entered a team into the AAA's league for a sport during the previous season does not enter a team during the current season, and fails to notify the Commissioner of its intent to not enter, that school shall be subject to penalties, financial or otherwise, at the discretion of the Commissioner of Athletics.
- B. A school that did not enter a team into the AAA's league for a sport during the previous season of that sport must petition to enter a team into the league for the following season. Said petition for entry shall be made by the date designated by the Commissioner of Athletics, and in the manner designated by the Commissioner of Athletics.
- C. A school that entered a team into the AAA's league for a sport during the previous season of that sport, but withdrew the team from the league or had the team withdrawn from the league pursuant to these Bylaws must petition to enter a team into the league for the following season. Said petition for entry shall be made by the date designated by the Commissioner of Athletics, and in the manner designated by the Commissioner of Athletics.
- D. A school that petitions to enter a team into the AAA's league for a sport under subsections (B) and (C) of this Section must provide evidence that a sufficient number of students will commit to participate, that those students can reasonably expect to be eligible, and that other factors do not merit the team being excluded from the league and the petition for entry denied.
- E. In the sports of football and soccer, a school may be granted admission to a CIF San Francisco Section football or soccer league where it has been able to play two full seasons of non-league games at the level of football or soccer in which it seeks to field a team, demonstrates an ability to be able to play a complete season in the upcoming year, and complies with the Section's petitioning process.
- F. In the sports of football and soccer, a school that drops its team two times in four years at a level of the sport must either complete two full seasons of non-league games at that level or complete two consecutive full seasons of non-league games at another level of the sport and demonstrate a sufficient number of participants at that other level to be able to be granted admission to a CIF San Francisco Section football or soccer league in the level of football or soccer that it dropped.
- G. The Commissioner may waive subsection (F) of this Section where he/she determines that extraordinary circumstances exist. Examples of extraordinary circumstances may include but not be limited to a drastic change in the population of the school, a reasonable expectation of a drastic change in the population of the school in the next academic year, a

merger of the school with another school, or some other unusual circumstances that would change the population of the school.

- H. A school may appeal the denial of a school's petition for entry to the Board of Managers. Such an appeal must be filed within five working days of the date the Commissioner's decision is transmitted to the school.
- I. A school that petitions to enter a team into the AAA's league for a sport under subsections (B) and (C) of this Section may be subject to sanctions where its petition is granted and it subsequently withdraws the team from the league or has the team withdrawn from the league pursuant to these Bylaws.
- J. A school may petition the Commissioner for funding for a coach for a non-league team where it is unable to participate in a CIF San Francisco Section league due to unusual circumstances or where the school is attempting to meet the criteria established in subsections (E) and (F) of this Section. The Commissioner shall have the authority to grant or deny said petitions and may set conditions that a school must meet where he/she grants such a petition. Failure to meet the criteria set out in subsection (D) of this Section does not constitute unusual circumstances.

SECTION 4 WITHDRAWAL FROM LEAGUE FOR EXCESSIVE FORFEITS

The Commissioner may withdraw a team from the AAA's league for a sport where the team forfeits three games during the course of a sports season without reasonable cause. However, in those sports where a team is scheduled to play eight league games or fewer over the entire season, the Commissioner may withdraw a team where the team forfeits two games without reasonable cause during the course of a sports season.

SECTION 5 SCHOOL ADMINISTRATIVE RESPONSIBILITIES

- A. Sportsmanship – A member school shall take steps to ensure that its coach, team members, and team supporters comply with the league's sportsmanship rules. A school that establishes a pattern of violations of the league's sportsmanship rules may be subject to sanctions imposed by the Commissioner under Part I, Section 26, or Part IV, Section 3(A)(6) of these Bylaws.
- B. Reporting Scores – A school shall be responsible for timely and accurate reporting of the results of a team's games to the Commissioner or his or her authorized representative, and shall do so in accordance with reporting policies established by the Commissioner.
- C. Committee Meetings – A school shall be responsible for ensuring that its coach attends the preseason and postseason meetings of any sports advisory committee established pursuant to Part XI, Section 8 of these Bylaws. A school may be subject to economic sanctions by the Commissioner where its coach fails to attend either of these meetings.

SECTION 6 HOME TEAM RESPONSIBILITY

In all sports, home teams will be designated on the schedules. The home team shall be responsible for making the arrangements, wherever applicable, for assignments of the visiting team area, rooting sections, official scorers & table, dressing area designated for officials, supervision, site security and provision of any implements or apparatus necessary to the operation of the contest. The home school is responsible for the supervision and general conduct of all spectators with the exception of the students from the visiting school. For any contest conducted without a pre-designated home team, assignment of these responsibilities shall be at the discretion of the Commissioner of Athletics.

SECTION 7 PERSONS PERMITTED ON TEAM'S BENCH

Persons permitted within the bench and/or team area(s) shall be limited to team members, members of the coaching staff, four student managers, medical personnel, athletic director, and the principal or a designated representative of the principal. (Exception: basketball is permitted a maximum of two assistant coaches).

SECTION 8 SPORTS ADVISORY COMMITTEES

The Commissioner of Athletics may delegate all or part of the administrative responsibilities of governing a sport to a sports advisory committee. The Commissioner may require a sports advisory committee to hold preseason and postseason meetings to advise the Commissioner and review league administrative matters. The Commissioner may require each school to send its coach or an authorized representative to these preseason and postseason meetings.

SECTION 9 COMMISSIONER’S AUTHORITY IN PLAYOFFS

All playoffs in the AAA Athletic League shall be conducted under the management of the Commissioner of Athletics. The Commissioner shall have final authority and responsibility for the conduct and operation of the playoffs, and may set aside any Bylaw or Bylaws herein where necessary for the proper conduct and operation of the playoffs. Further, the Commissioner shall have sole authority in determining sites for playoff competition in all sports and for all rounds of the playoffs.

SECTION 10 SEASON OF SPORT

The season of sport for a school and a season is set out in Part V, Section 4 of these Bylaws. A school shall not engage in any contests outside of its season of sport.

SECTION 11 PRACTICE

The Commissioner of Athletics shall have the authority to define the date that practice may begin in each sport except where this Section specifies a date. A school shall not engage in practice prior to the date set by the Commissioner or by this Section of the Bylaws.

- A. Practice for those sports held in the CIF’s fall sports season may begin the first Monday after the 9th day of August except in the sport of football. Practice for the sport of football shall be governed as set out in Part XII, Section 7 of these Bylaws.
- B. Practice for those sports held in the CIF’s winter sports season may begin the first Tuesday after Columbus Day.
- C. Practice for those sports held in the CIF’s spring sports season may begin the first Monday after the Martin Luther King, Jr. Holiday.
- D. The Commissioner of Athletics may grant specific sports or specific teams exceptions to the dates set out in subsection (A) and (B) of this Section. Also, the Commissioner of Athletics shall have the authority to define the date that practice may begin in any season of sport not provided for in these Bylaws.
- E. During the school year, members of a school’s athletic team may engage in conditioning and weight training prior to the start date for practice and after the conclusion of the season of sport provided that they have the permission of the school’s principal. Such activities shall not be considered practice. However, any conditioning, weight training, or any other type of workout shall be considered practice if participants are required to attend or participate or if students who are non-team members are barred from participating. Finally, any activity that uses the sports equipment for a given sport shall be considered practice.

SECTION 12 HEAT REGULATIONS/PRACTICE RESTRICTIONS

Schools shall follow the guidelines set out in this subsection of the bylaws for conducting outdoor practices during times of extremely high heat and/or humidity. These guidelines are based on the standards of the American College of Sports Medicine, and address: (1) the scheduling of practices at various heat/humidity levels; and (2) the heat/humidity levels that will result in practice being terminated. These guidelines are based on wet bulb globe temperature measurements, which use a formula based on temperature and humidity.

The guidelines shall be effective where the temperature is 80 degrees (26.667 Celsius) or higher. The guidelines shall be based on a wet bulb global temperature reading taken by the Athletic Office from a central measuring point in the City at 1:00 p.m. or later. The Athletic Office shall notify schools where its reading triggers the guidelines. This notification may be by web posting or other means set by the Athletic Office. Once the guidelines are triggered, schools shall check the weather and relative humidity immediately before outdoor practices, and at hourly intervals during practice using a wet bulb globe temperature table provided by the athletic office.

Schools shall adhere to the following heat guidelines.

WBGT °C	Activity Guidelines and rest break guidelines
Under 82.0°F Under 27.78°C	Normal Activities- Provide at least 3 separate rest breaks/hour with a minimum duration of 3 minutes each during the workout
82.0°F – 86.9°F 27.78°C – 30.5°C	Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least 3 separate rest breaks each hour with a minimum duration of 4

	minutes each.
87°F – 89.9°F 30.6°C – 32.17°C	Maximum practice time = 2 hours. For football: Players restricted to helmets, shoulder pads and shorts during practice. All protective equipment must be removed for conditioning activities. For All Sports: Provide at least 4 separate rest breaks/hour with a minimum duration of 4 min. NOTE: If the WBGT rises to this level during practice, players may continue to practice without changing to shorts.
90.0°F – 92.0°F 32.18°C - 33.33°C	Maximum length of practice = 1 hour. NO protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
Over 92.0°F Over 33.33°C	No outdoor workouts, cancel exercise, delay practice until cooler WBGT readings occur

The Commissioner and the Board of Managers shall have the power to penalize a member school or any of its teams for a single violation or a repeated and ongoing pattern of violations of this bylaw. Penalties may include, but not be limited to, fines, suspensions of individual(s) or teams or spirit squads, economic sanctions, forfeitures of contests, probation, suspension, and any other penalty the Commissioner or Board of Managers deems appropriate. Where the Commissioner issues penalties under this provision, the school subject to the sanction may appeal to the Board of Managers pursuant to Part I, Section 34 of these Bylaws except any appeal involving a school’s terms or conditions of participation, a decision to forfeit games, or a decision involving playoff participation must be made within five days of the Commissioner’s decision, and at least three working days prior to the start of the playoffs.

SECTION 13 AIR QUALITY INDEX RESTRICTIONS

CIF San Francisco Section schools may not host outdoor athletic contests when the air quality index is greater than 125. CIF San Francisco Section schools also may not participate in an outdoor athletic contest within the boundaries of the San Francisco Section where the air quality index is greater than 125. CIF San Francisco Section schools shall be governed by the host school’s air quality index restrictions where they play in an outdoor athletic contest outside of the boundaries of the San Francisco Section. However, CIF San Francisco schools may not play in an outdoor athletic contest outside of the boundaries of the San Francisco Section where the air quality index is greater than or equal to 151 regardless of the host school’s air quality index restrictions.

SECTION 14 PROTESTS

A formal protest of an AAA athletic contest must be filed with the AAA Athletic Office no later than 3:30 p.m. of the second working day following the contest. A protest filed with the AAA Athletic Office must be in writing and signed by the principal of the school filing the protest. A \$50 protest fee must be submitted with the protests. This protest fee will be refunded if the protest is upheld. Protests of playoff contests or of regular season contests which may have a bearing on playoff entries, match-ups, or results (hereinafter referred to as affected contests) must be filed by 11:00 a.m. of the first working day following the contest being protested unless the affected contests are not to be played for more than 3 working days after the contest being protested. The head game official must be informed of the protest at the time of the protested play situation and/or the protest procedures mandated by the sport’s rules book must be followed in order for the protest to be considered. No protest shall be allowed if it is based solely upon the dispute of an official’s judgment. The protest filing should include all information pertinent to a consideration of the protest. The disposition of any contest or event wherein a protest has been upheld shall be at the sole discretion of the Commissioner.

SECTION 15 RESCHEDULING

No school, coach, Athletic Director or other school representative shall alter final schedules by rescheduling games without the permission of the Commissioner of Athletics. The Commissioner has sole authority to change final schedules. The Commissioner of Athletics has sole authority to authorize the postponement, for any reason, of any athletic contest and to reschedule any athletic contest whose postponement has been authorized. Should a team or teams play a contest on a date other than the date on a schedule or a date authorized by the Commissioner, the Commissioner shall have discretion to accept the result, reject the result, or issue penalties for the playing of an unauthorized contest. Such penalties may include, but not be limited to, forfeiture of the contest by one or more teams, economic sanctions levied against the school or schools involved in the unauthorized contest, suspension of those individuals who arranged the unauthorized contest.

SECTION 16 POSTPONED GAMES

If a game is postponed or rescheduled by the league office, that game shall be played on the earliest possible date that does not cause a conflict in the schedule. Eligibility is determined as of the date of the game, whether postponed or rescheduled. That is to

say that only those players eligible on the date of a re-scheduled game may participate in that game.

In the event of a suspended contest, only those players in the line up for that contest are eligible to play (that might include a player who subsequently became ineligible).

SECTION 17 CONTESTS NOT COMPLETED

All schools involved in a contest that is forfeited, postponed, suspended, or ended early shall notify the Commissioner in writing or by telephone before 10 a.m. on the next school day.

SECTION 18 STATE CHAMPIONSHIP DIVISION PLACEMENT

- A. Schools shall be placed in State Championship Divisions based upon their CBEDS from the previous year in cross country. However, if a school has a gain or loss of enrollment of 15% or more and has accurate CBEDS numbers for the current year, the current year’s CBEDs shall be used. For single-gender schools, the total enrollment will be doubled.
- B. San Francisco Section schools shall be placed in State Championship Divisions in cross country based upon the following CBEDS numbers:

Division I – 2100+	Division II – 1750 – 2099	Division III – 1150 – 1749
Division IV – 500 – 1149	Division V – 1 – 499	

- C. The CBEDS figures for all SFUSD schools in the Section shall be adjusted to reflect the school’s proportionate share of multi-school students.
- D. The enrollment figures of all non-SFUSD schools in the CIF San Francisco Section shall be adjusted to include all multi-school or other non-CIF member school/program students residing in the CIF member school’s attendance area. For those schools with no attendance area, the enrollment figures shall be adjusted to account for the total population of any school that has entered a multi-school agreement with the member school.
- E. Schools shall notify the Commissioner if they wish to participate in the CIF State Cross Country Championships in a different CBEDS division than the one they qualify for under Part B of this Section. This notice date shall be established by the Commissioner. In order to comply with CIF notice requirements, the Commissioner has set a notice date of September 22 for cross country. Per CIF Bylaws, all schools may participate in Divisions I, II, III or IV of the CIF State Championships. However, Division V schools may not have an enrollment count in excess of 600.
- F. The CIF Seeding Committee will determine the divisional placement of schools in sports other than cross country that have a regional or State championship.

SECTION 19 GENERAL RULES APPLICABLE TO ALL ACTIVITIES

- A. The Official Rule Book for each and every sport shall be the current year’s edition published by the National Federation of State High School Association (NFHS) unless otherwise provided in these Bylaws or an exception is made by the Commissioner of Athletics. (See Part XI, Section 2 of these Bylaws)
- B. Prior to the beginning of each activity, the AAA Athletic Office shall issue a League Bulletin to each participating member school’s Athletic Director. This League Bulletin will contain necessary information for the proper conduct of the sport, as determined by the Commissioner of Athletics.
- C. The student-athlete must be residentially and scholastically eligible. For specifics, see Part II, Sections 14-19 of these Bylaws.
- D. The student-athlete must have an up to date Physical Exam, Parent’s Consent Form, and Concussion Information Sheet on file prior to any try-out or practice, and a completed Anti-Steroid Agreement on file prior to participation in a contest. (See Part II, Sections 2 and 3 of these Bylaws)
- E. A team’s original eligibility list must be received by the AAA Athletic Office by the date set out in Part II, Section 5 of these Bylaws.
- F. All non-league schedules must be in the AAA Athletic Office prior to the first non-league game for verification.

- G. It is required that the designated head coach or authorized representative attend all scheduled meetings for his/her sport. The school is responsible for ensuring the coach's or authorized representative's attendance. (See Part XI, Section 8 of these Bylaws)
- H. No contests shall be postponed because of weather or for any other reason except under the following conditions:
1. The AAA Athletic Office postpones the contest prior to 12:00 p.m. on the day of the contest.
 2. Prior to start time the contest official determines that the playing site is unsafe and/or unplayable.
 3. After the contest has started, the official or officials will be the sole judge as to whether the contest shall be continued or terminated.
- I. A coach must be present prior to the start of the contest and remain present throughout the contest.
- J. Only authorized persons are permitted on or within a team's bench and/or team area(s). (See Part XI, Section 7 of these Bylaws) All eligible team members are expected to be in proper uniform for all contests.
- K. All coaches shall report scores to the Athletic Office following the completion of each contest. Scores should be reported immediately and shall not be reported later than 10:00 a.m. of the day following the contest. In those sports, where the Athletic Office has designated a head of a sport committee, scores are to also be recorded with that person. Standings will be available from the Athletic Office which may delegate the preparation of standings to the head of the sports committee.
- L. Any and all player/coach/spectator ejections and/or disciplinary incidents must be reported to the AAA Athletic Office by the offending team's administration before 10 am of the first working day immediately following the contest. (See Part IV, Section 3(D) of these Bylaws)
- M. Special Rules and Regulations for particular sports are contained in other Sections herein referred to. Additional such rules/regulations may also be contained in the League Bulletin issued for each sport. Refer to the following Part XII Sections of these Bylaws: Badminton, Section 1; Baseball, Section 2; Basketball, Section 3; Cross Country, Section 4; Fencing, Section 5; Flag Football, Section 6; Football, Section 7; Golf, Section 8; Gymnastics, Section 9; Lacrosse, Section 10; Soccer, Section 11; Softball, Section 12; Spirit Squad, Section 13; Swimming, Section 14; Tennis, Section 15; Track and Field, Section 16; Volleyball, Section 17; Wrestling, Section 18.
- N. A school's Frosh/Soph team will be composed of 13, 14, 15, and 16 year old Freshman and Sophomores (9th and 10th grades) who will have completed no more than four semesters of high school by the end of the Sophomore Year. However, any time that the Frosh/Soph team scrimmages or plays against their own or any other varsity in Football, the 13 and 14 year olds will be ineligible to participate.

Q: What are the procedures for voting on an All-City or All-Star team?

A: The CIF San Francisco Section and AAA Athletic League do not require any sport to have an All City or All Star team. The matter is left up to those media outlets and coaches' committees that choose to select a team. Neither the Section nor the League regulates the selection or voting format. However, the Board of Managers has stated that the size of an All City or All Star team selected by a coaches' committee must reasonably relate to the number of participants on a team. The Board has also stated that there shall be two separate All City teams (one for each Division) where the AAA Athletic League or any other CIF San Francisco Section league is divided into a power division and a non-power division, and the two divisions do not have inter division play. The Athletic Office has the authority to decide whether to recognize the team voted on by any media outlet or coaches' committee.

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PART XII

BYLAWS:

**RULES
AND
REGULATIONS
PERTAINING
TO
SPECIFIC SPORTS**

SECTION 1 BADMINTON

A. **Specific Rules for Badminton**

1. The Official Rules Book is the current USA Badminton Rule Book (The Laws of Badminton). Rulings shall be made and governed by the following priorities: First, these Bylaws; Second, the Official Rules Book.
2. Birds: Each school shall furnish one new Bird for each match played in a contest. Matches in the AAA Athletic League and matches in the CIF San Francisco Section team and individual playoffs shall be played with the bird or birds designated by the Commissioner of Athletics.
3. Uniforms: All team members must be attired in a uniform displaying the team name consisting of a shirt and shorts or sweats in the team/school colors. A school may have separate uniforms for their girls and boys' players. A player who is not in the required uniform shall be disqualified from competition. However, if a school competes against a player who is disqualified due to a uniform violation, the result of their match shall stand as the school that competed against the disqualified player has waived its right to invoke the disqualification.
4. Start Time: All matches will be played at the site assigned at the time designated on the schedule drawn by the Athletic Office unless the AAA Athletic Office authorizes an adjustment in the starting time.
5. Default: The starting time can not be altered without league approval. A coach who has an emergency and contacts the opposing coach may request a 30 minute emergency delay.
6. **Team Contests**
 - a. League and post-season contests shall consist of one boys' singles, one girls' singles, two boys' doubles, two girls' doubles, and one mixed doubles match. Matches will be played in the following order: boys' singles, girls' singles, first girls' doubles, first boys' doubles, second boys' doubles, second girls' doubles, and mixed doubles.
 - b. The team that wins the most matches shall be the winner of the contest.
 - c. The starting players in boys' singles, girls' singles, boys' doubles and girls' doubles may be introduced immediately prior to the contest. Coaches shall exchange their team line-ups prior to these introductions. Should the starting players not be introduced, coaches shall exchange team line-ups identifying their singles and doubles players immediately prior to the contest.
 - d. Coaches shall declare the starting players in the mixed doubles match immediately prior to that match.
 - e. At such time as the State CIF sets playing rules, formats, and the playing order for a State CIF regional and/or state championship tournament, the Commissioner of the CIF San Francisco Section shall have the authority to mandate that post-season play be held in compliance with the State's playing rules, formats, and playing order.
7. Scoring: Each singles and doubles match will be a best of three game format. Rally scoring will be used as per the governing Laws of Badminton.
8. **Ranking of Players:**
 - a. All Badminton players on the eligibility list(s) shall be ranked by gender in order of their ability in singles matches.
 - b. During a ranking period, the number one ranked player of each gender must play singles, the numbers two and three of each gender must play number one doubles, the numbers four and five of each gender must play number two doubles. The numbers six on down will be alternates and, in the case of injury or inability to play a match, can replace any player above them in rankings.
 - c. These ranking regulations apply to boys' singles and doubles and girls' singles and doubles. These ranking regulations do not apply to mixed doubles matches. In mixed doubles, a school may use any of its players, including players who have played in gender specific singles or doubles matches.
 - d. Ranking of players shall be done twice during the season and said rankings become effective per the dates established by the athletic office. The ranking lists are to be faxed, mailed, or e-mailed to the Athletic Office and a copy to each school by the dates indicated on the league schedule.
 - e. Failure to submit first rankings by the required date will result in forfeiture of all match(es) played during the period of non-submission. Failure to submit second rankings by the required date will result in the team's first rankings remaining in effect for the remainder of the season.
 - f. Any team found to have competed with players not in their correct ranked positions is subject to penalties which may include but not be limited to match forfeiture.

9. Reports: Both teams shall be responsible for notifying the Athletic Office and any designated head of the sports committee of the result of the contest and all matches played within the contest. This notification shall be delivered by 8:00 p.m. of the day of the match. If the match ends too late for this notification to be tendered by 8:00 p.m., the notification shall be delivered as soon as possible upon the conclusion of the match, and no later than 10:00 a.m. the day following the match
10. Postponed Matches: Such matches shall be rescheduled by the Athletic Office at the earliest opportunity. The Athletic Office is responsible for rescheduling and notifying both athletic directors and coaches of the new date/time of the rescheduled match.

B. League Structure

The league shall consist of a single division. Each team shall play every team once in league play.

C. Team Playoffs

Playoffs will be conducted for the top six teams as follows:

1. In the first round of the playoffs, the third place team shall host the sixth place team, and the fourth place team shall host the fifth place team.
2. In the semifinals, the first place team shall host the winner of the game between the fourth and fifth place teams; the second place team shall host the winner of the game between the third and sixth place teams.
3. The playoffs shall be reduced to a four team format where eight or fewer teams are entered in the league.
4. The championship game shall be between the two semifinal round winners. The championship game shall be held at a site determined by the Athletic Office with the highest seeded team being the designated home team.

D. All-City Individual Championship

A post-season singles and doubles tournament will be held at the completion of the Team League Playoffs based on a 12 entry bracket for boys and girls' singles, a 24 entry bracket for boys and girls' doubles, and a 12 entry bracket for mixed doubles.

1. Qualifications: Boys and girls who compete in singles competition cannot also compete in doubles competition. However, a boy or girl who competed in singles competition may compete in the mixed doubles competition. Each All City participant must have competed in at least one league match in order to participate in the All City Individual Championship.
2. Entries: Each school may enter one player in the boys' single tournament, one player in the girls' singles tournament, two teams in the boys' doubles tournament, two teams in the girls' doubles tournament, and one team in the mixed doubles tournament. If extra spaces are available, players will be entered by lottery.
3. A seeding meeting will be held at the end of league play to draw the All-City Tournament brackets and seed players. A representative must be present from each school entering players. Should a school representative not be present, the Athletic Commissioner or his/her delegate will determine who may or may not be entered and/or seeded from the unrepresented school.
4. Draw: At the seeding meeting 4 singles players and 8 doubles teams shall be seeded. The collective coaches will serve as a seeding committee, and will determine whether to seed additional singles players or doubles teams. Seeding will be based on individual and doubles team records during league play in head to head competition and vs. common opponents and by coaches' votes. In case of a tie for a specific seed, the head of the sports committee will make the final determination of the higher seed. Schools will then draw one through eight for placing of the rest of the players. If a school has a player seeded they will pass the first or possibly the second round.

E. Alternate Tournament

The CIF San Francisco Section may hold an alternate tournament. The alternate tournament is intended for sub-varsity level competitors. The badminton coaches' committee in conjunction with the Section Commissioner shall establish entry guidelines and tournament procedures for the alternate tournament.

SECTION 2 **BASEBALL**

- A. The official rules book is the current year's NFHS Baseball rule book.
- B. The frosh/soph league shall be a single division league playing a single round robin with a four team playoff.
- C. The varsity league shall be structured as follows:
1. Each year the league will be divided into two divisions: an Upper Division (Division 1) and a Lower Division (Division 2). The upper division shall consist of those teams that are presumed to be more competitive based upon their previous year's performance.
 - a. The previous year's participating teams will remain in their respective divisions, except that the top team from Division 2 will be advanced to Division 1, and the bottom team from Division 1 will be dropped to Division 2.
 - b. Any new entrant will be placed into either division at the discretion of the Commissioner of Athletics.
 - c. The divisions shall be balanced numerically (i.e. neither division shall have more than one more team than the other division).
 - d. The Commissioner of Athletics has the discretion to alter the division alignments, and override the move up, move down provisions of subsection (C)(1)(a) where he/she determines that such actions are necessary to maintain competitive balance. However, where the league has thirteen or fourteen teams, the Commissioner may not use his power to alter divisions for competitive balance to create a division of fewer than 5 teams.
 - e. Where twelve teams or fewer enter the league, teams shall play twice against the teams in their own division and once against the teams in the other division.
 - f. Where thirteen or fourteen teams enter the league, teams shall play twice against the teams in their division, but teams shall not play against teams in the other division.
 - g. Where the Commissioner alters the divisions and creates a division of five teams where the league has thirteen or fourteen teams, teams in the division with five teams shall play three times against the teams in their own division, but teams shall not play against the other division. Teams in the other division shall continue to play a doubleheader unless the other division only has five teams also.
 2. The Commissioner has discretion to alter the varsity league structure where fifteen or more teams enter the varsity baseball league.
 3. Home and away teams during league play will be alternated on a yearly basis for teams in opposite divisions. This provision may be waived by the Commissioner of Athletics at his or her discretion.
 4. The current year's league will be divided into two divisions as listed herein:

<u>Division 1</u> Balboa Galileo Lincoln Lowell Mission Washington	<u>Division 2</u> Academy Burton KIPP Leadership Wallenberg
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- D. Varsity league playoffs shall be structured as follows:
1. The league shall have a first round playoff, a semifinal round playoff, and a championship game.
 2. The playoff participants shall be as follows:
 - a. The top 4 teams from Division 1 seeded numbers 1 through 4
 - b. The top two teams from Division 2 seeded numbers 5 and 6
 3. The first round playoffs shall be as follows:

Division 1 #3 hosts Division 2 #2 (the #6 seed)
 Division 1 #4 hosts Division 2 #1 (the #5 seed)

4. The semifinal round playoffs shall be as follows:
 - Division 1 #1 hosts the winner of the Division 1 #4 vs. Division 2 #1 contest
 - Division 1 #2 hosts the winner of the Division 1 #3 vs. Division 2 #2 contest
 5. The championship game shall be between the 2 semifinal round winners with the highest seed being the designated home team.
 6. The Commissioner of Athletics may, at his or her discretion, alter the playoff scheduling and/or opponents. The Commissioner also has full discretion over the selection of playoff sites, and the dates and start times of playoff and championship contests.
- E. A regulation AAA league, playoff, and championship game is seven (7) innings in length. A game shall also be a regulation game under the following circumstances in league, playoff, and championship games:
1. if darkness, rain, or other causes interfere with play so that the game is called by the umpire, and either five (5) full innings have been played, or the home team has scored more runs in four (4) or four and a fraction times at bat than the opponent has scored in five (5) times at bat OR
 2. if darkness, rain, or other causes interfere with play so that the game is called by the umpire, and play has gone beyond five (5) full innings OR
 3. if the visiting team is behind by 10 or more runs after 4 ½ innings, or after the fifth inning, if either team is 10 runs behind and both teams have had an equal number of at bats.
- F. If a game is declared a no game, such called game shall be considered a suspended game and shall be continued from point of suspension at a later date. Lineups and batting order are to remain the same as at the moment of suspension subject of the National Federation Baseball Rule book.
- G. Only eligible players and/or the certified varsity coach, or assistant coach, in uniform will be allowed to coach from the coaches' box.
- H. The home team book will be the official book, and the home team is responsible for furnishing a qualified scorer, who will sit as near to the home plate as possible. Results are to be phoned in to the Head of Sport by the winning team. The winning team is responsible for phoning results to newspapers and Head of Sport.
- I. Two baseballs will be furnished to the umpire by each team for all games. Home team will furnish the 5th ball, visitors 6th, etc.
- J. When a double Round-Robin baseball tournament is used, a varsity baseball player may play in his school's first five scheduled League games before committing his eligibility to varsity baseball.
- K. Once a student plays in a League varsity baseball game after his school's fifth League game, he must not be moved to the Frosh/Soph during the current season. (A rained-out varsity game moved beyond the next scheduled varsity game would not be affected by this rule).
- L. It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.
NOTE: NFHS rules govern use of protective equipment by a player/student.
 (Approved January 2015 Federated Council).
- M. Infield practice is to be according to the following schedule:
1. Home team infield - 30 minutes prior to official scheduled game time
 2. Visiting team infield - 15 minutes prior to official scheduled game time
- N. Home team will have choice of dugouts.

- O. Sportsmanship Rule for baseball: Any ejection must be reported to the Athletic Office by the school whose participant was ejected. There is an appeal process if the ejection is alleged to be for technical reasons or the product of misidentification. (See Part IV, Section 3(E)(2)(b) of these Bylaws)
1. **Restriction of the Head Coach to the team bench/dugout**
Every effort should be made to restrict the coach to the bench. The first step for a rules violation or an offense of minor or routine nature is restriction to the bench. Any threat or act of violence, verbal abuse or threat which is felt to be of a serious nature by the umpire, or any other behavior which puts the umpires and others in jeopardy will not result in a bench restriction. In such a serious event, the coach shall be ejected (See subsection (3) of this Section). Once restricted to the bench the coach:
 - a. Must refrain from any verbal contact with the umpires or the other team.
 - b. Must not leave the bench for anything other than to attend to an injured player from his team.
 2. **Ejection of the Head coach after restriction to the bench**
A head coach who, after being restricted by the umpire to the bench, continues to argue, yell, taunt, or leaves the bench for anything other than to attend to his team's injured player, or violates any Federation rules or the Coaches Code of Conduct shall be ejected. COACH SHALL REPORT.
 3. **Ejection of a Head Coach for a serious/flagrant violation**
Provided the head coach has not been previously restricted (See subsection (1) of this Section): For a serious/flagrant violation the coach will be ejected away from the field and stands (out of the park). This is the ultimate punishment for any physical contact, or any verbal threats or behavior which places anyone's safety at risk. We must try to avoid having the game reach this state because a game may not proceed without the supervision of a coach.
 4. **Ejection of a player or players**
 - a. Players and/or team members may be ejected because of a rule violation which is not of a serious nature. These players and team members can be ejected to the stands where they can still be under the control of the head coach but may not be participants in the game.
 - b. For any action perceived by the umpire/umpires to be other than a routine violation, or behavior of a dangerous or threatening nature, ejection out of the park is the next penalty to be assessed by the umpire. Out of the park will be any place at the field site which is out of sound but must be still visible to the head coach.
- P. Teams shall not conduct batting practice on the day of a game.
- Q. Frosh/Soph players may participate in games during Spring Break without penalty.
- R. No coach may meet with players prior to the first day of practice. Sign ups may occur prior to this date, physicals may be screened and eligibility may be checked, but no other contact may occur. Individuals may sign up for Rec. & Park Winter League but if an AAA coach coaches the Rec. & Park team, using school names, uniforms, etc. it is a violation of the season of sport rule.
- S. Pitching Limitation Rule – 30 Outs: The CIF San Francisco Section adopts the CIF baseball pitching limitation rule under which a pitcher is limited to thirty outs and/or three appearances in a calendar week through the season. Said week shall begin on Monday for the purposes of this rule. Under this pitching limitation rule:
1. The calendar week begins on Monday.
 2. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
 3. If the 30th out involves a double or triple play, the team will not be penalized for exceeding the total.
 4. An appearance is defined as a pitcher pitching at least one pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
 5. Any violation constitutes a forfeit of the contest.

T. Pitching Limitation Rule – Pitch Count

In addition to (S) above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest:

Pitch count limits and required rest:

Level	Maximum Contest Pitch Limit	0 Days Rest Required	1 Day Rest Required	2 Days Rest Required	3 Days Rest Required
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman; F/S; JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

1. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
2. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
3. At the end of each half inning, the head coaches will confirm and both team score books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home score book is considered the official score book.
4. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.
5. Any violation constitutes a forfeit of the contest.

Questions & Answers:

Q: If a pitch count mechanism is used that is visible to both teams, do the coaches still need to confirm the pitch count every half inning?

A: No. If the mechanism (i.e. scoreboard add-on, flip chart behind home plate, etc.) can be seen by both teams, the coaches may use that as verification of the pitch count.

Q: How is a day of rest defined?

A: A day of rest is defined as a calendar day. For example, if a pitcher throws 76 or more pitches in a Monday game thus requiring three-days rest before being allowed to pitch again, those days of rest would be Tuesday, Wednesday and Thursday allowing that pitcher to pitch again on Friday.

Q: If a pitcher exceeds the maximum number of allowable pitches with respect to the required days of rest while finishing a batter, how are the required number of rest days calculated?

A: The required days of rest is determined by the actual number of pitches thrown. For example, if a pitcher starts a batter with 48 pitches, finishes the batter with 53 pitches and is then removed from the game, that pitcher would be required to rest for two days before making another appearance.

Q: What, if any role, do the umpires play in the confirmation and recording of the pitch count after each half inning?

A: The umpires are asked to ensure that the teams are exchanging the required information but the actual recording of the pitch count is up to the head coach from each school.

Q: If an intentional walk is issued to the batter and no pitches are delivered to home plate, are those pitches counted towards the pitcher's total number?

A: No. Those pitches would not count towards the pitcher's total number

Q: In the case of balk, when does a pitch count towards the pitcher's total number?

A: A pitch would only count if the ball is delivered to the batter.

Q: If a batter is awarded timeout by the umpire but the pitcher still delivers the ball to the batter, does that pitch count towards the pitcher's total number?

A: No. That pitch would not count towards the pitcher's total number.

Q: Does the Pitch Count reset each Monday like the 30 Out Rule?

A: No. While the 30 Out Rule will reset each Monday, the Pitch Count Rule will not. For example, if a pitcher throws 76+ pitches in a game on Saturday, they would have to rest on Sunday, Monday and Tuesday before being eligible to pitch again on Wednesday.

Q: May the same pitcher appear in two different games on the same day?

A: Yes. However, they may only do so if they threw 30 pitches or less in the first game and are not required to rest. Also, they may not throw more than 110 pitches total for the day.

Q: What is the protest protocol for a possible violation of the pitch count Bylaw?

A: A school wishing to protest should follow the normal protocol of immediately informing the umpire that it is playing the game under protest. The contest will continue and the protest will be forwarded to the local league and/or CIF Section Office for review depending on the protocols in place for handling protests in that Section.

Q: Does the above protocol preclude the Section from assessing a forfeiture for a violation of the pitch count Bylaw that is brought to them after the completion of the contest?

A: No. The above protocol simply outlines how a dispute is to be handled during a contest.

Q: Do pitches thrown and appearances made in an incomplete inning during a suspended game count towards the totals?

A: Yes.

(Approved January 2017 Federated Council)

SECTION 3 BASKETBALL

- A. The AAA Athletic League shall hold league competition at the boys' varsity level, the girls' varsity level, the boys' frosh/soph level, and the girls' junior varsity levels of competition. The girls' junior varsity level of competition shall be open to freshmen, sophomores, juniors, and seniors.
- B. A student is limited to competition on one school basketball team during the school year. Frosh/Soph and Junior Varsity players may move up to Varsity at the end of the frosh/soph or junior varsity season.
- C. A frosh/soph or junior varsity player may move up to varsity but once a player has played in a varsity game, she/he may not return to the Frosh/Soph during the current season. This rule shall not be applied during the first two weeks of the schedule.
- D. The time limit for frosh/soph and junior varsity basketball shall be 7 minutes per quarter.
- E. **Bench Rules**
Persons permitted within the bench and/or team area(s) shall be limited to team members, the head coach, two assistant coaches, four student managers, medical personnel, athletic director, and the principal or a designated representative of the principal. The assistant coaches must be approved by the Principal and on file in the Athletic Office.
- F. The season practice and tryouts begin the 1st Tuesday after Columbus Day.
- G. Where the AAA Athletic League holds competition in more than a single division, the Board of Managers shall review the division alignment every three years. Any realignments must be approved by the Board of Managers.
- H. Each year, the varsity league will be divided into two divisions: an Upper Division (Division 1) and a Lower Division (Division 2). Where the league has two divisions, the Commissioner shall name one division the "Lang" division, and the other division the "Neff" division. The upper division shall consist of those teams that are presumed to be more competitive based upon their previous year's performance.
1. The previous year's participating teams will remain in their respective divisions, except that the top two teams from Division 2 will be advanced to Division 1, and the bottom two teams from Division 1 will be dropped to Division 2.
 2. Any new entrant will be placed into either division at the discretion of the Commissioner of Athletics.
 3. The divisions shall be balanced numerically (i.e. neither division shall have more than one more team than the other division).
 4. The Commissioner of Athletics may alter teams' divisional placement in order to maintain competitive balance. The Commissioner may also override the requirement of balancing the divisions numerically where he deems it necessary to maintain competitive balance.
 5. The Commissioner may not use his authority to override the requirement of balancing the divisions numerically to create a division of fewer than four teams.
 6. Divisions that have five teams or fewer shall play three times against teams in their own division, and shall not play teams from the other division.
 7. Divisions that have from six to nine teams shall play two times against teams in their own division, and shall not play teams from the other division.
 8. Divisions that have ten teams or more shall play once against teams in their own division, and shall not play teams from the other division.
 9. Where there are eight teams or fewer in the league at the start of the season, the divisions shall be combined and the league shall hold one double round robin.

- I. Varsity league playoffs shall be structured as follows:
1. No more than 50% of the teams in the league shall advance to the playoffs (this shall be rounded to the highest number where the league has an odd number of teams).
 2. The top two teams from the lower division shall receive the bottom two seeds for the playoffs.
 3. The remaining playoff spots shall be filled by the teams in the upper division as follows:
 - a. If there are only four teams in the upper division, all four teams shall advance to the playoffs unless the league has eight teams or fewer. Where there are eight teams or fewer at the start of the season, the two divisions shall be combined under part H(9) of this bylaw, and only four teams from the combined divisions shall make the playoffs.
 - b. If there are five or six teams in the upper division, only the top four teams in the upper division shall advance to the playoffs.
 - c. If there are seven teams in the upper division, all but two of the teams in the upper division shall advance to the playoffs as long as the divisions are balanced numerically.
 - d. If there are eight teams or more in the upper division, the top six teams in the upper division shall make the playoffs.
 4. The Commissioner has the authority to alter the number of teams that advance to the playoffs where the divisions are imbalanced, and the upper division has greater than one more team than the lower division provided that no more than 50% of the total number of teams in the league advance to the playoffs.
- J. All game dates at Kezar Pavilion must be cleared by the Commissioner of Athletics and the San Francisco Recreation & Park Department
- K. **Frosh/Soph – Junior Varsity Schedule**
The boys' frosh/soph and girls' junior varsity leagues shall be single division leagues playing a single round robin with a four team playoff. If seven teams or fewer enter one of the leagues, that league shall play a double round robin beginning with the 2020-21 season.
- L. **Rules Modifications**
The CIF San Francisco Section uses the National Federation Basketball Rules and all CIF State modifications.
- M. **Officials National Federation Authentication Mark**
Only balls with the National Federation authentication mark shall be used.
- N. **Mercy Rule**
At the conclusion of the third quarter, or any point thereafter, if there is a point differential of forty (40) or more points, a running clock shall be instituted for the remainder of the game, regardless of the score. This applies to all levels of play.
(Approved May 2004 Federated Council)

SECTION 4 CROSS COUNTRY

- A. Cross Country is governed by the published NFHS Rule book and supplemented by the following rules and regulations.
- B. The CIF San Francisco Section Varsity Cross Country Championship Meet will be held on a date and time determined by the Commissioner.
- C. The CIF San Francisco Section Varsity Cross Country Championship meet will be composed of six divisions: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph, Boys Non-Varsity, Girls Non-Varsity. A school may enter students in any division subject to subsection D of this Section of the Bylaws. The Varsity and Frosh/Soph divisional races will be scored and team and individual awards presented. The Non-Varsity divisional races will not be scored, however individual awards will be presented. The Non-Varsity and Frosh/Soph divisional races may be run concurrently with the Varsity divisional races at the discretion of the Commissioner of Athletics. Should a Frosh/Soph division not have a sufficient number of teams entered as determined by the Commissioner of Athletics, its race will be run concurrently with the Varsity divisional race but will not be scored, however individual awards will be presented. Team awards will be presented for each of the scored divisional races, and an overall team award will be presented to the school with the lowest total combined points from each of the scored divisional races.
- D. The following regulations will be in effect for the Cross Country Championship.
1. **Special Starting Instructions**
The Clerk of the Course will give preferred starting positions to the top ranking participants from each school. Coaches will be asked to assist in placing their students at the start.
 2. **Procedure at Finish**
The finish shall be a funnel system with runners being lined up in order of finish upon crossing the line. Each runner will have their entry ribbon removed and placed on a cord in order of finish.
 3. A student may run in only one division--Varsity, Non-Varsity, or Frosh/Soph.
 4. To be entered in All City, a student must have competed in at least one league meet in order to establish a qualifying mark.
 5. Qualifying for State Cross Country Meet: The number of teams and individuals advancing to the CIF State Cross Country meet are governed by the qualification standards promulgated and disseminated by the CIF.

SECTION 5 FENCING

- A. The official rules book is the current United States Fencing Association rulebook. Rulings shall be governed by the following priorities: First, these Bylaws; Second, the USFA rulebook.
- B. A Round-Robin schedule will be conducted to determine the Round-Robin Champion and final team standings for all schools.
- C. Where two or more teams are tied for a position in the regular season standings, their tie shall be resolved by the tiebreak rules set forth in Part I, Section 28 of these bylaws. However, no tie shall be broken by drawing lots. In situations where the tiebreak bylaws would require drawing lots, the teams that are tied shall be considered to be tied in the regular season, and the teams will equally divide the All City points for their position in the standings. Also, if the teams are tied for first place, they shall be deemed regular season co-champions.
- D. Three copies of a standardized score sheet will be prepared. The lineup (top or bottom box) of the competing teams will be decided by the winner of a coin flip. The visiting team will call the coin flip. The correct order of bouts will be maintained and forfeits will be correctly indicated. The Recording Statistician shall receive the original copy of the score sheet. He/she will correct any error and will assign the wins and losses in proper order.
- E. **Out of Order Bouts**
1. Before a valid touch has been awarded the out of order fencer must be replaced by the correct fencer without penalty.
 2. After a valid touch the out of order fencer will be replaced by the correct fencer. The replaced fencer's score will be returned to 0.
 3. After the bout has been completed the fencer competing out of order loses that bout regardless of the final score.
 4. If the error is caused by a bout official the score will be canceled and no penalty imposed.
- F. Unlimited substitution is permitted before each bout begins. Any number of fencers may be substituted. A fencer once withdrawn may return but must fence his/her original assigned position.
- G. A three minute Time out shall be taken after the 3rd, 5th, and 7th bout. This time-out may be waived by mutual agreement of the fencers involved in the bout.
- H. Should the referee not attend the match, coaches should share the responsibility without pay or yield to the more experienced coach in refereeing.
- I. No meter warning shall be given to the fencer. Only one touch shall be awarded even if that fencer, passing the end zone during the time of play, is touched by his opponent.
- J. The Referee has the power to overrule all judges, simultaneously or individually. However, if a strip has a complete jury of 4 judges and a Referee who are member high school coaches and referees, the Referee CANNOT overrule all the judges. At that time, the FIE rule will be applied: The Referee's opinion is a vote and a half and the opinion of each judge counts as one vote. A USFA Referee may be invited to dual matches only, provided that the Referee is acceptable to the League and the coaches involved.
- K. No penalties shall be issued for non-functioning equipment.
- L. The competitors and the Jury will be dismissed from the strip while the competing coaches and the referee confer on a question of fencing. The Referee or either coach may request this time out. There may be a short period for the coaches to meet with their teams; and the Referee may announce the results of the discussion. The competitors and Jury will then return to the strip and the fencing will resume.
- M. There will be no coaching, advice, or instruction from the sidelines by anyone to the competing fencer during fencing action.

- N. USFA Rules shall apply regarding uniforms, protectors, and electric equipment to be worn by all competitors. However, the conductive mask bib shall not be required until January 2016. The Referee is to inspect the clothing and equipment of fencers before the start of a match.
- O. The coaches will be allowed to select any 4 boys and 4 girls from their team to compete in the Individuals Tournament. (Refer to subsection (T) of this Section for girls only) At the beginning of the All-city Events, all participants shall be ready to compete when called on the strip or they shall be scratched from the tournament (2 minute warning).

P. Cramping of the body rule shall be as follows:

1. A time out of 10 minutes shall be given to a fencer one time in the course of a team match
2. A time out of 10 minutes shall be given to a fencer one time for each injury in each round of the Individuals Championship.

Q. The rules shall be as follows in determining the AAA Overall Team Champion:

Team		Women's		Men's	
Pts.	Rank	Pts.	Rank	Pts.	Rank
10	1	8	1	8	1
9	2	7	2	7	2
8	3	6	3	6	3
7	4	5	4	5	4
6	5	4	5	4	5
5	6	3	6	3	6
4	7	2	7	2	7
3	8	1	8	1	8
2	9				
1	1				

R. Qualifying for the AAA Women's Individuals Championship. Rules for this event are as follows:

1. Each school shall be allowed to enter four girls.
2. Should a school not be able to enter its full quota, the vacancies shall be filled in this manner:
 - a. Schools having more than four girls available to compete will submit to the Head of Sport a list of these extra players in ranked order.
 - b. The Head of Sport will select girls in the order of their rank.
 - c. Fencers on the at-large lists will be selected according to the rank in final outcome in the Team Championship, one from each school until the roster is filled. (Refer to subsection (P) of this Section for Men's)
 - d. Only the top 4 girls from one school shall be counted for overall points in the Individual Championship.

S. An All Opponents team shall be selected as follows: Submission of names of candidates shall be counted from one down to eight. Any omissions shall be counted from position eight upward.

T. All schools may enter the All City Meet in Fencing. Individual scores as determined by subsection R of this Section will be totaled to determine overall team champion and final standing for the All City Meet. To be eligible for All-City competition, a student must have competed in at least one scheduled league meet.

SECTION 6 FLAG FOOTBALL

- A. Girls' flag football is a CIF San Francisco Section approved sport that shall be conducted in the spring season of sport.
- B. Schools participating in girls' flag football are subject to CIF and CIF San Francisco Section bylaws. Player eligibility shall be governed by CIF and CIF San Francisco Section bylaws.
- C. Girls' flag football teams shall be classified as girls' teams per CIF State and CIF San Francisco Section bylaws.
- D. The official rules book is the current National Intramural-Recreational Sports Association (NIRSA) Flag & Touch Football Rules Book & Officials' Manual. However, schools are not governed by the CoRec regulations in the NIRSA Flag & Touch Football Rules Book & Officials' Manual. Rulings shall be made and governed by the following priorities: First – these Bylaws, Rules and Regulations; Second – the official rules book.
- E. **Uniforms/Equipment**
1. The visiting team shall wear a white or light colored jersey and the home team shall wear a dark jersey in a contrasting color from the visitors' jersey (**NOTE:** per NIRSA rules, the visiting team is responsible for ensuring that the jersey colors are contrasting).
 2. The home team shall have the choice of flag color. Both teams shall bring two colors of flags to each game to ensure that the teams will have flags of contrasting colors. (**NOTE:** schools shall notify the athletic office where their opponents do not bring two colors of flags to a game; the game shall not be forfeited, postponed or cancelled because a school forgot to bring two colors of flags to a game).
 3. All jerseys shall comply with NIRSA Rules. Also, players shall not be allowed to participate while wearing uniform shorts, sweatpants or other uniform bottoms that have belt loops or pockets. A player who is barred from participation due to wearing uniform shorts, sweatpants or other uniform bottoms that have belt loops or pockets may not remedy the problem by taping or otherwise covering the belt loops or pockets.
 4. All flag belts must comply with NIRSA Rules.
 5. All players must wear a tooth and mouth protector (intraoral) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers the posterior teeth with adequate thickness.
- F. **Administrative Rules**
1. The home team shall have the choice of benches/team area, and only authorized personnel are allowed in the team area.
 2. A school that forfeits two times shall be removed from the league for excessive forfeits.
 3. The NIRSA tiebreaker procedure shall be used in all games.
 4. Games shall be played with the junior football. However, where no junior football is available, schools may opt to play with any NFHS cert marked football.
 5. Where the league schedules frosh/soph play, students who have played in a varsity contest may be moved to the frosh/soph team until the beginning of the second league varsity game.

SECTION 7 FOOTBALL

FROSH/SOPH RULES:

- A. The official rules book is the current year's NFHS Football rule book. Rulings shall be made and governed by the following priorities: First – these Bylaws, Rules and Regulations; Second – the official rule book.
- B. The home team shall have the choice of benches/team area, and only authorized personnel are allowed in the team area.
- C. **Age Restrictions**
1. A student is eligible to participate in Frosh/Soph football where he/she is classified as a freshman or sophomore and no more than four semesters have elapsed since the student first initially enrolled in the ninth grade.
 2. A student who has reached his/her 17th birthday prior to September 1 of the current academic year is ineligible to participate in Frosh/Soph football.
 3. A frosh/soph player, moved up to the varsity squad, may not play in a varsity game during the same week he/she has played in a frosh/soph game.
 4. A student is ineligible to participate in Frosh/Soph football where he/she has played in a varsity football contest. However, students who have played in a varsity contest may be moved to the Frosh/Soph football team until the beginning of the third league varsity game.
 5. 13 and 14 year old students may not engage in scrimmages or participate in contests against varsity level players from their own school or from any other school.
 6. Fourteen (14) year old student athletes may be allowed to scrimmage or participate in contests against varsity level players by their school's principal provided the following conditions have been met:
 - a. Letter on file from a licensed medical doctor that the student is able to compete at the varsity level.
 - b. Signed consent form from the parents allowing participation at the varsity level.
 - c. A statement from the coach that the student athlete has the physical and mental maturity to compete at the varsity level.
 - d. A statement of compliance by the principal must be forwarded to the AAA Athletic Office. That statement must verify that all required documentation has been completed and is on file in the appropriate school office.
- D. A player must sit out 4 plays before re-entry after an unsportsmanlike personal foul. If a player receives a second unsportsmanlike like personal foul, he/she must sit out remainder of the game. A player is suspended one game after 2 unsportsmanlike personal fouls. A flagrant unsportsmanlike foul shall result in a one game suspension to be applied to the next scheduled game.
- E. No game or scrimmage shall be played without a licensed medical person on the sidelines.
- F. The official league medical attendant in attendance at AAA football games shall have the authority to decide whether or not a student is in physical condition to engage in further competition that day.
- G. There shall be a five-day intervening period between league and/or practice football games, but an exception could be made in order to complete the league schedule.
- H. **End of Season**
1. The football season ends upon the conclusion of the final game of the league season. There are no playoffs, and the winner of the league season shall be deemed the champion. No practice or games shall be conducted after the last date of league play unless the Commissioner of Athletics grants his or her authorization.
 2. Post season football games are prohibited, unless authorized by the League/Section.
- I. No member of any public high school football squad shall participate until he/she has complied with all the regulations adopted by the CIF.

J. Uniform/Equipment

1. The visiting team must wear a white or light colored football jersey and the home team must wear a contrasting color.
2. All players must be equipped in compliance with National Federation Rules.

K. All volunteer coaches must be assigned full time to one specific squad only, that is varsity or frosh/soph football team, and on file at the Athletic Office.

L. The CIF San Francisco Section shall follow the tiebreaker procedure that the State CIF uses. However, no overtime shall extend beyond 3 offensive series for each team during AAA Athletic League play.

M. Minimum Number of Students/Maximum Number of Games

1. Minimum Number of Students For Participation: Refer to Part I, Section 16 of these Bylaws.
2. Maximum Number of Contacts: A team may participate in no more than 10 games (not including playoff, Section, Regional or State Championship games). Football teams are limited to one scrimmage. See CIF San Francisco Section Part I, Section 17 for the details of the State and Section's maximum contact and scrimmage rules.

NOTE: An individual who moves between non-varsity and varsity football teams may not play in more than 10 total games as the maximum number of contact rules apply to individuals as well as teams.

N. Contest results are to be reported to the AAA Athletic Office in the manner prescribed by the Commissioner.

O. The following regulations govern practice:

1. Physical Conditioning Practice may begin on the fourth Monday in July. The Commissioner may adjust this date where needed to allow CIF San Francisco Section schools sufficient practice time to scrimmage and/or play in the first week of authorized games in the North Coast or Central Coast Section.
2. Physical conditioning practice period may include various facets of football training (teaching techniques, chalk talks, pass patterns, etc.), but may not include any body contact such as tackling or blocking.
3. Schools may begin practice in pads 14 days after the first day of the physical conditioning practice period.
4. There shall be no football games until the team has had fourteen days of practice before the first game. Each individual student on the team must have had at least ten (10) days of practice before being allowed to compete in a game. No Sunday practice is permitted.
5. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season, which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of Live Action as defined by USA Football.
(Revised April 2018 Federated Council).
NOTE: For policies related to definition of full-contact and allowable in-season, off-season and team camp activities please consult the CIF State Constitution and Bylaws at the football section in the blue pages. Those policies are also set out in the NOTE at the end of this Section.
6. A school may schedule an interschool scrimmage on or after the fourteenth day of team practice. Scrimmage is defined as practice where the teams alternate carrying the ball, downs are not counted, no score is kept, and the coaches are on the field directing play.
7. Two teams may hold a joint practice that is not considered to be a scrimmage or a game where one of the two teams lacks a sufficient number of players to hold a reasonable practice and the following conditions are met: (a) the teams may not have any physical contact such as blocking or tackling; (b) the two principals shall certify that one of the teams lacks a sufficient number of players to hold a reasonable practice; (c) the two principals shall consent to the joint practice and set the dates on which the joint practice may occur; (d) the two principals shall

submit their written consent and their written certification to the Athletic Commissioner; and (e) the Commissioner shall consent in writing to the practice. No licensed medical personnel is required for this joint practice as it is not considered a scrimmage or game.

P. The following regulations govern spring football:

1. A spring football practice period shall last from that period of time beginning with the Monday prior to the Friday that is 28 days before the next to last Friday in May, and ending with the next to last Friday in May.
2. The Commissioner of Athletics has the authority to adjust the spring football practice period dates where spring football practice would end during the last week of the SFUSD's school year.
3. A school's football team may practice on twenty days within the spring football practice period. However, no team may practice on any Sunday.
4. A school shall file a practice schedule with the Athletic Office. That schedule shall set out the 20 days and times on which a school shall practice. Schools may amend this schedule as needed provided they never file an amendment that would cause them to practice on more than 20 days.
5. Schools that plan to limit their practices to only the first 20 practice opportunities in the spring football practice period need not file a practice schedule.
6. Schools may not practice in helmets or pads during the spring football practice period.

Q. **Mercy Rule**

At the conclusion of the third quarter or any point thereafter, if there is a point differential of 35 or more points, a running clock shall be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an officials' timeout. This bylaw applies to all levels of play.
(Approved May 2011 Federated Council)

NOTE:

CIF State Bylaw 2001.B – Policy Page (Football)

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps.

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as a drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. Thus is considered full-contact by the National Federation of State High School Associations (NFHS).

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds-and-control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 - * **Air** – Players run unopposed without bags or opposition.
 - * **Bags/Blocking Sleds** – Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 - * **Control:** Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.

- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowable by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

- No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

NOTE: The San Francisco Section allows spring football practice during the off-season. Spring football rules are set out in the football section of the San Francisco Section bylaws.

Allowable Activities for Team Camps.

- No full contact practice is allowed during the off-season.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds-and control drills (see above for definition of these activities) while attending a team camp. A team may continue to dress in full pads for practice when conducting any of these drills at a team camp. Please consult Section and School District rules regarding the use of school equipment in the off-season.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

NOTE: In the San Francisco Section, football teams may not attend team camps, coaches may not coach teams during the off-season (with the exception of spring football practice), and SFUSD schools in the San Francisco Section may not give students school equipment for use in the off-season except when the school is participating in spring football. In those Sections that allow team camps and off-season activities, CIF State Bylaw 2001(c) provides that "Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes."

Questions and Answers for Bylaw 2001.B.

Q: What is the implementation date for this bylaw?

A: In order to comply with AB 2127, this bylaw will be implemented immediately.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment in both for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2001 for the definition of Control.

Q: If allowed by the Section, may a team, in the off-season, engage in drills that are not considered full-contact?

A: Yes. However, no full-contact practice is allowed during the off-season at any time.

Q: Is full-contact allowed at team camps?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB 2127 and CIF Bylaw 2001 apply no matter where the team camp is conducted.

Q: May teams attend a team camp that only utilizes activities that are not considered full-contact?

A: Yes. Teams may attend a team camp and participate in drills that are not considered full-contact such as Air, Bags/Blocking Sleds and Control.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2001 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?

A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intrasquad scrimmage (i.e. scrimmage involving one school no matter how many levels of classification), would count against the weekly full-contact allowance.

VARSITY RULES:

- A. The official rules book is the current year's NFHS Football rule book. Rulings shall be made and governed by the following priorities: First – these Bylaws, Rules and Regulations; Second – the official rule book.
- B. The home team shall have the choice of benches/team area, and only authorized personnel are allowed in the team area.
- C. **Age Restrictions**
 - 1. A student shall not be allowed to play on the Varsity football team until he has reached his 15th birthday. The Varsity football team of a four year high school is the unlimited team commonly called the first team. A student under 15 years of age may play on the frosh/soph and teams other than the Varsity, but he may not play on a team that competes against the Varsity team of another school.
 - 2. A frosh/soph player, moved up to the varsity squad, may not play in a varsity game during the same week he/she has played in a frosh/soph game.
 - 3. 13 and 14 year old students shall not engage in scrimmages or participate in contests against varsity level players from their own school or from any other school.
 - 4. Fourteen (14) year old student athletes may be allowed to scrimmage or participate in contests against varsity level players by their school's principal provided the following conditions have been met:
 - a. Signed consent statement from the parents allowing participation at the varsity level.
 - b. A statement from the coach that the student athlete has the physical and mental maturity to compete at the varsity level.
 - c. A statement of compliance by the principal must be forwarded to the AAA Athletic Office. That statement must verify that all required documentation has been completed and is on file in the appropriate school office.
 - 5. High school teams shall not compete against other teams in football unless the players on such teams meet the age requirements of the California Interscholastic Federation.
- D. A player must sit out 4 plays before re-entry after an unsportsmanlike personal foul. If a player receives a second unsportsmanlike like personal foul, he/she must sit out remainder of the game. A player is suspended one game after 2 unsportsmanlike personal fouls. A flagrant unsportsmanlike foul shall result in a one game suspension to be applied to the next scheduled game.
- E. No game or scrimmage shall be played without a licensed medical person on the sidelines.
- F. The official league medical attendant in attendance at AAA football games shall have the authority to decide whether or not a student is in physical condition to engage in further competition that day.
- G. There shall be a five-day intervening period between league and/or practice football games, but an exception can be made in order to complete the league schedule.

H. **End of Season**

1. The league football season ends on Thanksgiving Day; no practice or games shall be conducted after this date unless the Commissioner of Athletics grants his or her authorization. The football season for an individual team ends at the conclusion of the league season. For playoff teams, the season ends when the team is either disqualified from the playoffs or concludes play in the championship game.
2. Post season football games are prohibited unless authorized by the League/Section.

I. No member of any public high school football team shall participate until he/she has complied with all the regulations adopted by the CIF.

J. **Uniform/Equipment**

1. The visiting team must wear a white or light colored football jersey and the home team must wear a contrasting color.
2. All players must be equipped in compliance with National Federation Rules.

K. All volunteer football coaches must be assigned full time to only one specific team, varsity or frosh/soph, and noted on file at the Athletic Office.

L. The CIF San Francisco Section shall follow the tiebreaker procedure that the State CIF uses. However, no overtime shall extend beyond 3 offensive series for each team during AAA Athletic League play. In the playoffs, the 3 offensive series restriction shall be lifted, and this tiebreaker procedure shall be utilized until one team wins the game. If field conditions, darkness or some other unforeseen emergency cause the early termination of a playoff game and the game is tied, the regular season winner shall be declared the winner of the playoff game. If field conditions, darkness or some other unforeseen emergency cause the early termination of the championship game and the game is tied, the Commissioner shall have discretion to resolve the tie in the manner he or she deems appropriate.

M. **Minimum Number of Students/Maximum Number of Games**

1. Minimum Number of Students For Participation: Refer to Part I, Section 14 of these Bylaws.
2. Maximum Number of Contacts: A team may participate in no more than 10 games (not including playoff, Section, Regional or State Championship games). Football teams are limited to one scrimmage. See CIF San Francisco Section Part I, Section 17 for the details of the State and Section's maximum contact and scrimmage rules.

NOTE: An individual who moves between non-varsity and varsity football teams may not play in more than 10 total games as the maximum number of contact rules apply to individuals as well as teams.

N. There shall be a 4 team playoff wherein the first place team in league play plays the fourth place team, and the second place team in league play plays the third place team, with the winners of the two games playing for the championship. The championship game shall be conducted on Thanksgiving Day; however, the Commissioner of Athletics may change the date at his discretion.

O. Contest results are to be reported to the AAA Athletic Office in the manner prescribed by the Commissioner.

P. The following regulations govern practice:

1. Physical Conditioning Practice may begin on the fourth Monday in July. The Commissioner may adjust this date where needed to allow CIF San Francisco Section schools sufficient practice time to scrimmage and/or play in the first week of authorized games in the North Coast or Central Coast Section.
2. Physical conditioning practice period may include various facets of football training (teaching techniques, chalk talks, pass patterns, etc.), but may not include any body contact such as tackling or blocking.
3. Schools may begin practice in pads 14 days after the first day of the physical conditioning practice period.
4. There shall be no football games until the team has had fourteen days of practice before the first game. Each individual student on the team must have had at least ten (10) days of practice before being allowed to compete in a game. No Sunday practice is permitted.

5. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season, which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of Live Action as determined by USA Football.
NOTE: For policies related to definition of full-contact and allowable in-season, off-season and team camp activities please consult the CIF State Constitution and Bylaws at the football section in the blue pages. Those policies are also set out in the NOTE at the end of this Section.
6. A school may schedule an interschool scrimmage on or after the fourteenth day of team practice. Scrimmage is defined as practice where the teams alternate carrying the ball, downs are not counted, no score is kept, and the coaches are on the field directing play.
7. Two teams may hold a joint practice that is not considered to be a scrimmage or a game where one of the two teams lacks a sufficient number of players to hold a reasonable practice and the following conditions are met: (a) the teams may not have any physical contact such as blocking or tackling; (b) the two principals shall certify that one of the teams lacks a sufficient number of players to hold a reasonable practice; (c) the two principals shall consent to the joint practice and set the dates on which the joint practice may occur; (d) the two principals shall submit their written consent and their written certification to the Athletic Commissioner; and (e) the Commissioner shall consent in writing to the practice. No licensed medical personnel is required for this joint practice as it is not considered a scrimmage or game.

Q. The following regulations govern spring football:

1. A spring football practice period shall last from that period of time beginning with the Monday prior to the Friday that is 28 days before the next to last Friday in May, and ending with the next to last Friday in May.
2. The Commissioner of Athletics has the authority to adjust the spring football practice period dates where spring football practice would end during the last week of the SFUSD school year.
3. A school's football team may practice on twenty days within the spring football practice period. However, no team may practice on any Sunday.
4. A school shall file a practice schedule with the Athletic Office. That schedule shall set out the 20 days and times on which a school shall practice. Schools may amend this schedule as needed provided they never file an amendment that would cause them to practice on more than 20 days.
5. Schools that plan to limit their practices to only the first 20 practice opportunities in the spring football practice period need not file a practice schedule.
6. Schools may not practice in helmets or pads during the spring football practice period.

R. **Mercy Rule**

At the conclusion of the third quarter or any point thereafter, if there is a point differential of 35 or more points, a running clock shall be instituted for the remainder of the game regardless of the score. The game clock shall stop only for a score, a free kick following a fair catch or awarded fair catch, a charged team timeout, a coach-referee conference or an officials' timeout. This bylaw applies to all levels of play.

(Approved May 2011 Federated Council)

S. **Authorized Awards**

The AAA/CIF San Francisco Section may issue an annual award named in honor of Raymon Bass to the football player who best embodies the characteristics of a scholar athlete. The Commissioner shall be responsible for the selection of the recipient and may delegate this responsibility to the Football Coaches or a selection committee from the coaches or authorized by the coaches.

NOTE:**CIF State Bylaw 2001.B – Policy Page (Football)**

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps.

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as a drill run in game like conditions and is the only time that players are taken to the ground. This is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. This is considered full-contact by the National Federation of State High School Associations (NFHS).

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds-and-control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 - * **Air** – Players run unopposed without bags or opposition.
 - * **Bags/Blocking Sleds** – Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 - * **Control:** Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowable by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

- No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

NOTE: The San Francisco Section allows spring football practice during the off-season. Spring football rules are set out in the football section of the San Francisco Section bylaws.

Allowable Activities for Team Camps.

- No full contact practice is allowed during the off-season.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds-and control drills (see above for definition of these activities) while attending a team camp. A team may continue to dress in full pads for practice when conducting any of these drills at a team camp. Please consult Section and School District rules regarding the use of school equipment in the off-season.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

NOTE: In the San Francisco Section, football teams may not attend team camps, coaches may not coach teams during the off-season (with the exception of spring football practice), and SFUSD schools in the San Francisco Section may not give students school equipment for use in the off-season except when the school is participating in spring football. In those Sections that allow team camps and off-season activities, CIF State Bylaw 2001(c) provides that "Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes."

Questions and Answers for Bylaw 2001.B.

Q: What is the implementation date for this bylaw?

A: In order to comply with AB 2127, this bylaw will be implemented immediately.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment in both for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2001 for the definition of Control.

Q: If allowed by the Section, may a team, in the off-season, engage in drills that are not considered full-contact?

A: Yes. However, no full-contact practice is allowed during the off-season at any time.

Q: Is full-contact allowed at team camps?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB 2127 and CIF Bylaw 2001 apply no matter where the team camp is conducted.

Q: May teams attend a team camp that only utilizes activities that are not considered full-contact?

A: Yes. Teams may attend a team camp and participate in drills that are not considered full-contact such as Air, Bags/Blocking Sleds and Control.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2001 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?

A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intrasquad scrimmage (i.e. scrimmage involving one school no matter how many levels of classification), would count against the weekly full-contact allowance.

SECTION 8 GOLF

A. **Specific Rules for Golf**

1. The Official Rules Book is the current USGA Rule Book with the exception of any USGA rules exceptions established by either the California Interscholastic Federation or by the CIF San Francisco Section through these Bylaws. Rulings shall be made and governed by the following priorities: First these Bylaws; Second, the Official Rules Book.
2. Uniforms: All participants must wear proper golf attire. All participants also shall wear their school colors. Shirts should bear a school logo or insignia. Proper golf attire shall be determined by the rules of golf, and by the rules and standards of the golf course on which the match is taking place. Participants and teams shall not be penalized for failing to wear school colors or shirts with a school logo or insignia. However, opposing coaches should report such teams or participants to the Commissioner of Athletics, who shall inform the offending school's Athletic Director and may work with that Athletic Director to assist the offending school in becoming suitably attired.
3. Schedule and Start Time: The schedule and start time of all matches shall be determined by the AAA Athletic League.
4. Forfeit and Grace Periods: No school, coach, Athletic Director, or other school representative shall alter final schedules by rescheduling matches without the permission of the Commissioner of Athletics. Rescheduling shall be governed by Part XI, Section 15 of these Bylaws. The starting time cannot be altered without league approval. There shall also be no grace period in AAA golf matches. The start time shall be the forfeit time and no grace period shall be provided. Teams that do not arrive on time shall lose by forfeit. A team shall be considered on time where all of its players are present for their tee times even where all members of a team are not present for tee times prior to their own. Teams that forfeit shall be subject to the "Withdrawal From League for Excessive Forfeits" provisions of Part XI, Section 4 of these Bylaws.
5. Postponed Matches: The Commissioner of Athletics has sole authority over rescheduling matches that were postponed. No school, coach, Athletic Director, or other school representative shall reschedule a postponed match without the permission of the Commissioner of Athletics.
6. League competition shall consist of nine holes. A team that fails to play nine holes shall forfeit a match unless the Commissioner determines that just cause exists for a failure to do so. The Commissioner's forfeit decision may be appealed by a school's principal to a Level II panel of three judges who shall be either Athletic Directors, principals, or a combination of the two if the appeal is made within five days of the Commissioner's decision, and at least three working days prior to the start of the playoffs. The Commissioner shall be responsible for setting up the panel, and the time, date, and location of the appeal hearing. The Commissioner shall also notify the affected parties of the hearing procedures. The decision of the Level II panel shall be final and unappealable.
7. Team Competition: A team shall consist of at least five players and no more than six players. The five lowest scores shall count toward the team's score. A school that appears to a match with fewer than five players shall forfeit that match.
8. Team Tiebreaker: The following is the tiebreaker procedure for golf teams in the league season.
 - a. 1st Tiebreaker: The team that invoked the double par rule the fewest time shall win the tiebreak (as participants who pick up their ball under the double par rule are supposed to circle their score, the team with the fewest circles shall win the tiebreak – (See subsection (F)(2) of this Section for the double par scoring rule and the mechanics of scoring where the double par rule applies).
 - b. 2d Tiebreaker: Compare the scores of the sixth player from each team involved in the tie. The team of the player that has the lower score will win. If one team has a sixth player, who finished all the required holes and achieved a valid score, and the other team(s) involved in the tie either do not have a sixth player or its (their) player fails to achieve a valid score, the team with the sixth player who finished all of the required holes and achieved a valid score will win.
 - c. 3d Tiebreaker: If a tie still exists after the first tiebreaker is applied, the following tiebreaker will be applied: The five lowest scores of each team will be compared at the #1 handicap hole. If two or more of the teams are tied for the low score, then the process will be repeated on the #3, and #5 handicap holes. The #2, #4, and #6 handicap holes will be substituted for the #1, #3, and #5 handicap holes if those handicap holes correspond to the nine holes that were played. If the teams played all 18

holes, the handicap holes on the back nine will be used in order to break the tie followed by the handicap holes on the front nine.

In the playoffs and in the Section Championship match the first tiebreaker is not in effect and only the second and third tiebreakers shall be used.

9. Individual Tiebreaker: During the regular season, individual ties shall not be broken. In the individual championships, individual ties shall only be broken where individuals are tied for first place or where individuals are tied for the final spot in the Nor-Cal tournament or in any other tournament that individuals may advance to. The tied individuals will play sudden death holes beginning with hole number one unless the course mandates the use of some other hole or the tournament committee determines that some other hole must be used. Sudden death will be played for a maximum of three holes. If the tie is not broken after these three holes, then the handicap holes on the back nine will be used in order to break the tie in the manner set out in subsection (A)(8) of this Section.
10. Individuals at Schools without Sufficient Participants to Field a Team: Such individuals may have a head coach who is not paid, and may participate as an individual representative of a school that is not in the AAA Athletic League's team competition. In such cases, the individual representative or representatives' school will be appended onto the league schedule, and the individuals will compete as individuals in matches where their school is so appended. Alternatively, the principal of the individual representative or representatives' schools may enter into an agreement with the principal of a school that is in the league to have the coach of the league member's school serve as the head coach of the individuals. The coach will receive no extra payment for assuming such responsibility. The individuals may participate as individual participants when the other school is scheduled for a team meet. The individuals will be supervised by the other school's coach in such cases. The individuals may not join other school teams, and his or her scores cannot be counted as part of other teams' scores.
11. Reports: All teams involved in a match shall be responsible for notifying the Athletic Office and any designated head of the Golf Committee of the result of the team contest and of the scores of individual participants. This notification shall be delivered by 8:00 p.m. of the day of the match. If the match ends too late for this notification to be tendered by 8:00 p.m., the notification shall be delivered as soon as possible upon the conclusion of the match, and no later than 10:00 a.m. the day following the match. The Athletic Office shall save these reports and make them available to the coaches' committee when the coaches' committee meets to seed the Individual Championship tournament.
12. A team that falsifies its score or falsely reports the number of holes played shall be deemed to have forfeited its match.
13. When a temporary green is being used during play, any player whose ball comes to rest within one flagstick length from the hole is allotted two strokes maximum to hole out from that sport. Any ball lying outside one flagstick length must be played as it lies. Should the player's ball on the first of the two strokes be propelled outside of one flagstick length, then the ball must continue to be played as if it had not originally come to rest within one flagstick length of the hole. This rule applies even if the temporary green is clearly marked, i.e. chalk circle/line, lower cut grass, etc...

B. Committees

1. Tournament Committee: The Commissioner of Athletics may appoint a tournament committee to assist with playoffs. This Committee shall consist of the Commissioner, the Head of The Coaches Committee, and from one to eleven people who are members of the San Francisco Golf Community.
2. Coaches' Committee: This Committee shall consist of the league's coaches. This Committee shall advise on league matters and matters affecting the CIF San Francisco Section's participation in golf. This Committee shall also meet at least 10 days but not more than 28 days prior to the Individual Championship to hold a nomination meeting to determine which individuals shall receive an invitation to the Individual Championship Tournament. The Committee shall consider all individuals nominated under subsection (E)(1) of this Section and either accept or reject their nomination. The Committee may also consider whether to invite un-nominated eligible individuals (wild cards) to the Individual Championship. Should this Committee fail to meet, the Commissioner of Athletics has the authority to make determinations of which individuals shall receive invitations to the Individual Championship Tournament.

3. Scheduling Committee: The Commissioner of Athletics has authority over scheduling. The Commissioner may delegate this authority to the Scheduling Committee. This Scheduling Committee shall consist of the Commissioner, the head of the Tournament Committee, and the Head of the Coaching Committee.

C. **League Structure**

1. The AAA Athletic League for golf shall consist of one Division. The Scheduling Committee shall determine, after consulting with the Coaching Committee, whether to schedule a single round robin schedule of dual meets or a double round robin schedule using triangular meets. These schedules shall be drawn in accordance with the scheduling formula set out in Part I, Section 32 of these Bylaws. However, the Commissioner may deviate from the formula if he/she deems it necessary in order to preserve the integrity of the league or if the number of teams is less than 6 and the Commissioner deviates from the schedule in order to have a sufficient number of league contests.
2. The Commissioner has the authority to determine course sites. The Commissioner may delegate such authority to the Scheduling Committee.
3. Prior to drafting the Schedule, the Commissioner shall grant teams the option to declare themselves A or B teams. A team may only declare itself as a B team where the team consists of predominately beginner level players and is not capable of playing an average golf course without significant difficulty and without taking up a substantial amount of time. The Commissioner may reject a team's declaration of A or B status after consulting with either the coaching committee or the head of the coaching committee. The principal of a school that wishes to challenge the Commissioner's rejection may file an appeal to a Level II panel of three judges who shall be either Athletic Directors, principals, or a combination of the two if the appeal is made within five days of the Commissioner's decision to reject the school's declaration. The Commissioner shall be responsible for setting up the panel, and the time, date, and location of the appeal hearing. The Commissioner shall also notify the affected parties of the hearing procedures. The decision of the Level II panel shall be final and unappealable.

D. **Team Playoffs**

1. Qualifying teams: The top four teams qualify for the Section playoffs. Tie-breaks will be determined pursuant to the tiebreaker procedures set out in Part I, Section 28 of these Bylaws.
2. The fourth place team shall play the first place team, and the third place team shall play the second place team. The semifinal winners will advance to the Championship Contest.
3. The semifinals shall consist of 9 holes. The team finals shall consist of 18 holes.

E. **Individual Championship**

1. Each coach may nominate as many as four individuals for entry to the Individual Playoffs (hereinafter All City). The date for coaches to submit nominations shall be set by the coaches' committee, and shall be set in sufficient time for the coaches' committee to hold its nomination meeting in accordance with the time frame set out in subsection B(2) of this Section. If the coaches' committee fails to set a date for submission of entries, the Commissioner of Athletics has authority to set one for them.
2. The coaches' committee shall set qualification standards for invitations to the All City playoffs. These qualifications shall factor in the ability of the nominees, the number of schools, and the number of participants the course can accommodate. The coaches' committee shall also invite any individual participants from schools without sufficient participants to field a team who meet the qualification standards.
3. The All City Championship shall be played as a one day tournament on the same day as the team final. However, the All City Championship shall be played on a different day than the team final where the needs of the golf course or the size of the field mandate it. The coaches' committee shall make the determination of when to separate the All City Championship from the team final.
4. All 6 players from the two schools competing in the team championship are included in the All City championship. Also, each team in the team championship may enter two additional players in the All City final if the coaches' committee rules that the two nominated players meet the individual qualification standards. Those two players shall be designated as non-team entries competing solely as individuals. Their scores may not be counted in the team championship score. If the All City individual Championship is held on a different day than

the team championship, then the championship team finalists may not receive these additional entries and shall be subject to the nomination rules set out in subsection (E)(1) of this Section. If the coaches' committee fails to rule on whether the two additional players meet the individual qualification, the Commissioner shall rule.

5. Ties in the All City championship shall be broken per subsection (A)(9) of this Section.

F. USGA Exceptions: For League Matches Only

USGA and local course rules are in effect with the following exceptions.

1. All penalty strokes are played as a lateral hazard. Participants shall be assessed a one stroke penalty from the point their ball was deemed lost, out of bounds, unplayable, etc...
2. A participant shall pick up his or her ball and proceed to the next hole after he or she has reached double par on a hole, i.e. after the players' sixth shot on a par three, after the players' eight shot on a par four, and after the players' tenth shot on a par five hole. The player shall not hole out or take additional shots on a hole after reaching double par. The player shall record his or her score as a double par for each hole that they conclude in this manner, and the player shall circle his or her score for the hole in order to indicate that the player had to pick up his or her ball rather than holing out. A player may opt to pick up his or her ball and place it on the green two shots prior to reaching a double par score. The player may then put twice. However, the player shall record his or her score as a double par by rule even if he or she holes the first put. The player shall also circle his or her score for the hole in order to indicate that the player had to pick up his or her ball in the middle of the hole rather than properly holing out.
3. Players may take a one scorecard bump through the green. A player may, without penalty, lift, clean, and place his or her ball within six inches of where it originally lay but no closer to the hole and not in a hazard or on the putting green. For purposes of this rule, a folded scorecard shall be presumed to be six inches in length where disputes arise or no other means of measurement exist.
4. Coaches may coach their team and their individual golfers during league play.

G. Rules and Procedures for Team Playoffs and Individual Championships

1. In CIF San Francisco Section playoff and championship play, USGA and local rules are in effect, and the USGA exceptions set out in subsection (F) of this Section shall not be in effect
2. In playoff and championship play, coaches may only coach their team and individual golfers to the extent permitted in the CIF NorCal tournament.

H. Minimal Standards to Qualify for the CIF NorCal Golf Tournament

1. The CIF San Francisco Section shall only enter a team in the CIF NorCal Girls' Golf Tournament where that team wins the Section's team championship, and meets the Section's minimal standards of competitiveness. Girls' teams shall meet this standard under the following circumstances:
 - a. Three or more players score 100 or lower in the Section finals and four players score 120 or lower; OR
 - b. The team score is 500 or lower.

NOTE: The Commissioner of Athletics has the authority to amend this standard where the Section Finals are not played at Lincoln Park Golf course.

2. The CIF San Francisco Section shall only enter a team in the CIF NorCal Boys' Golf Tournament where that team wins the Section's team championship, and meets the Section's minimal standards of competitiveness. Boys' teams shall meet this standard under the following circumstances:
 - a. Three or more players score 85 or lower in the Section finals and four players score 100 or lower; OR
 - b. The team score is 450 or lower.

NOTE: The Commissioner of Athletics has the authority to amend this standard where the Section Finals are not played at Lincoln Park Golf course.

3. A team that wins the Section championship but fails to meet the minimal standards of competitiveness may petition for an exception to the minimal standard where the team's coach verbally notifies the Commissioner of Athletics that he or she will petition immediately upon the conclusion of the Section's championship. The

Commissioner's ruling on a petition is final and shall be unappealable.

4. These standards shall be reviewed every three years by the Commissioner who shall advise the Board that he has conducted a review and advise the Board of any recommended adjustments to the standard.

SECTION 9 GYMNASTICS

The CIF San Francisco Section does not provide a championship in Gymnastics. The Section's Academic Athletic Association league does not provide competition in Gymnastics.

SECTION 10 LACROSSE

The CIF San Francisco Section does not provide a championship in Lacrosse. The Section's Academic Athletic Association league does not provide competition in Lacrosse.

SECTION 11 SOCCER

- A. The National High School Federation (NFHS) rule book will be the official rules governing the sport. Rulings shall be made and governed by the following priorities: First – these Bylaws, Rules and Regulations; Second – the official rule book.
- B. Each year, the league will be divided into two divisions: an Upper Division (Division 1) and a Lower Division (Division 2). The upper division shall consist of those teams that are presumed to be more competitive based upon their previous year's performance. In the girls' soccer league, Division 1 and 2 shall be designated as the "Heinline" and "Rueda" Divisions.
1. The previous year's participating teams will remain in their respective divisions, except that the top two teams from Division 2 will be advanced to Division 1, and the bottom two teams from Division 1 will be dropped to Division 2.
 2. Any new entrant will be placed into either division at the discretion of the Commissioner of Athletics.
 3. The divisions shall be balanced numerically (i.e. neither division shall have more than one more team than the other division).
 4. The Commissioner of Athletics may alter teams' divisional placement in order to maintain competitive balance. The Commissioner may also override the requirement of balancing the divisions numerically where he deems it necessary to maintain competitive balance.
 5. The Commissioner may not use his authority to override the requirement of balancing the divisions numerically to create a division of fewer than five teams.
 6. Divisions that have five teams or fewer shall play three times against teams in their own division, and shall not play teams from the other division.
 7. Divisions that have from six to nine teams shall play two times against teams in their own division, and shall not play teams from the other division.
 8. Divisions that have ten teams or more shall play once against teams in their own division, and shall not play teams from the other division.
 9. Where there are eight teams or fewer in the league at the start of the season, the divisions shall be combined and the league shall hold one double round robin.
- C. Varsity league playoffs shall be structured as follows:
1. No more than 50% of the teams in the league shall advance to the playoffs (this shall be rounded to the highest number where the league has an odd number of teams).
 2. The top two teams from the lower division shall receive the bottom two seeds for the playoffs.
 3. The remaining playoff spots shall be filled by the teams in the upper division as follows:
 - a. If there are only five teams in the upper division, four teams shall advance to the playoffs unless the league has eight teams or fewer. Where there are eight teams or fewer at the start of the season, the two divisions shall be combined under part 1(i) of this bylaw, and only four teams from the combined divisions shall make the playoffs.
 - b. If there are five or six teams in the upper division, only the top four teams in the upper division shall advance to the playoffs.
 - c. If there are seven teams in the upper division, all but two of the teams in the upper division shall advance to the playoffs as long as the divisions are balanced numerically.
 - d. If there are eight teams or more in the upper division, the top six teams in the upper division shall make the playoffs.
 4. The Commissioner has the authority to alter the number of teams that advance to the playoffs where the divisions are imbalanced, and the upper division has greater than one more team than the lower division provided that no more than 50% of the total number of teams in the league advance to the playoffs.

- D. A school that drops its team two times in four years must complete two full seasons of non-league games and demonstrate a sufficient number of participants to be able to be granted admission to a CIF San Francisco Section soccer league.
- E. Soccer Heading Limitations: A team shall devote no more than fifteen minutes per day to heading training. Also, a team may not engage in heading training more than two times per week, and may not engage in heading training on consecutive days. Heading training, for purposes of this bylaw, consists of drills or activities where a student-athlete actively heads the ball consistently as a matter of technical training in heading and/or heading techniques. Heading that is incidental to a practice activity shall not constitute heading training. Also, heading during the course of simulated match activities (such as heading a ball from a cross, or heading a punt during a simulated game) does not constitute heading training.
- F. Sportsmanship rule: Any player receiving a red card ejection shall be subject to the rules of Part IV, Section 3(B) of these Bylaws. Such a player shall be ineligible for and unable to participate in the next contest in which his or her team participates, and his school shall notify the athletic office of the ejection by 10:00 a.m. of the next working day after the contest in which the ejection occurred. Any player receiving a yellow card shall be removed from the game immediately, and may re-enter the game upon the next opportunity for a substitution in accordance with National Federation rules. **NOTE:** two yellow cards equals one red card.
- G. Participation rule: In order for a player to be eligible for postseason play, he/she must participate in a minimum of one regular season game. This rule is in addition to all AAA and CIF athlete eligibility rules.
- H. The schedule and starting time of all matches shall be determined by the AAA Athletic league. Such time shall not be altered by any entity other than the league.
- I. Both teams shall be responsible for notifying the Athletic Office and any designated head of the coaches' committee of the result of the contest and all matches played within the contest. This notification shall be delivered by 8:00 p.m. of the day of the match. If the match has an evening start time, and ends too late for this notification to be tendered by 8:00 p.m., the notification shall be delivered as soon as possible upon the conclusion of the match, and no later than 10:00 a.m. the day following the match.
- J. Postponed matches shall be rescheduled by the Athletic Office at the earliest opportunity. The Athletic Office is responsible for rescheduling and notifying both athletic directors and coaches of the new date/time of the rescheduled match.
- K. These rules shall be applicable in step sequence to break ties in the League or Division standings. In such situations, the higher placed team(s) shall be determined as follows:
1. The regular season winner in the event two teams are tied for a position. Where two teams have split their regular season contests (due to the league schedule having teams play each other more than once), then the regular season winner shall be the team with the best goal differential in contests played between the two teams. However, the goal differential in any individual contest between the two tied teams shall be capped at 4 goals. Teams that win contests by greater than 4 goals shall only receive credit for a 4 goal victory.
 2. The record of the tied teams against one another shall be considered if three or more teams are tied for a position or positions: If in this method of determining a position or positions, a team or teams have defeated the remaining team or teams have been awarded a position, they shall be granted the next position, etc. Where the three or more teams have an identical record in their games against each other, then the tiebreak winner shall be the team with the best goal differential in contests played between the three or more teams. However, the goal differential in any individual contest between the tied teams shall be capped at 4 goals. Teams that win contests by greater than 4 goals shall only receive credit for a 4 goal victory. If in this method of determining a position or positions, a team or teams have either defeated the remaining team or teams after the first team or teams have been awarded a position, they shall be granted the next position.
 3. The record of the tied teams against the highest ranking team in the tied team's Division. The tied teams' records shall be compared against all the teams above them, and the team with the best record against the highest ranking team shall win the tiebreak. After the team with the best record is placed, the team with the best record in head to head competition between the remaining teams shall be placed until all teams are placed in positions.
 4. The record of the tied teams against the team immediately below them in the tied team's Division. The tied teams' records shall be compared against all the teams below them, and the team with the best record against the highest ranking of the teams below them shall win the tiebreak. After the team with the best record is placed, the team with the best record in head to head competition between the remaining teams shall be placed until all teams

are placed in positions.

5. If the tied teams have identical records against all the teams in their Division, then the tied teams' records shall be compared against all the teams in the other Division of a two Division league with inter-Division play. The team with the best record against the highest ranking team in the other Division shall win the tiebreak. After the team with the best record is placed, the team with the best record in head to head competition between the remaining teams shall be placed until all teams are placed in positions
6. In the event the above regulations still do not break the tie, the Commissioner shall conduct a drawing to break the tie. However, no team shall be eliminated from the playoffs due to a random drawing. Where teams are tied for the final playoff spot and the above procedures do not break the tie, the procedures of Part I, Section 28(B)(8) shall apply.

SECTION 12 SOFTBALL

- A. The official rules book is the current year's NFHS Softball rule book. The league is structured as follows:

League Structure

1. Each year the league will be divided into two divisions: an Upper Division (Division 1) and a Lower Division (Division 2). The upper division shall consist of those teams that are presumed to be more competitive based upon their previous year's performance.
 - a. The previous year's participating teams will remain in their respective divisions, except that the top team from Division 2 will be advanced to Division 1, and the bottom team from Division 1 will be dropped to Division 2.
 - b. Any new entrant will be placed into either division at the discretion of the Commissioner of Athletics.
 - c. The divisions shall be balanced numerically (i.e. neither division shall have more than one more team than the other division).
2. The current year's league will be divided into two divisions as listed herein:

<u>Division 1</u>	<u>Division 2</u>
Balboa	Academy
Burton	Galileo
Lincoln	Mission
Lowell	O'Connell
Washington	Wallenberg
3. The division members listed herein may be altered by the Commissioner of Athletics at his or her discretion to maintain competitive balance. However, where the league has thirteen or fourteen teams, the Commissioner may not use his power to alter divisions for competitive balance to create a division of fewer than 5 teams.
4. The Commissioner shall schedule as follows:
 - a. Where twelve teams or fewer enter the league, teams shall play three times against the teams in their own division and shall not play against teams in the other division
 - b. Where thirteen or fourteen teams enter the league, teams shall play twice against the teams in their division, and shall not play against teams in the other division.
 - c. Where the Commissioner alters the divisions and creates a division of five teams where the league has thirteen or fourteen teams, teams in the division with five teams shall play three times against the teams in their own division, and shall not play against the other division. Teams in the other division shall continue to play a doubleheader unless the other division only has five teams also.
5. The Commissioner has discretion to alter the varsity league structure where fifteen or more teams enter the varsity softball league.
6. Home and away teams during league play will be alternated on a yearly basis for teams in opposite divisions. This provision may be waived by the Commissioner of Athletics at his or her discretion.
7. The Commissioner has discretion to alter the varsity league structure where field availability or other exigent circumstances dictate.

Playoff Structure

1. The league shall have a first round playoff, a semifinal round playoff, and a championship game.
2. The playoff participants shall be as follows:
 - a. The top 4 teams from Division 1 seeded numbers 1 through 4
 - b. The top two teams from Division 2 seeded numbers 5 and 6
3. The first round playoffs shall be as follows:

Division 1 #3 hosts Division 2 #2 (the #6 seed)

Division 1 #4 hosts Division 2 #1 (the #5 seed)

4. The semifinal round playoffs shall be as follows:

Division 1 #1 hosts the winner of the Division 1 #4 vs. Division 2 #1 contest

Division 1 #2 hosts the winner of the Division 1 #3 vs. Division 2 #2 contest

5. The championship game shall be between the 2 semifinal round winners with the highest seed being the designated home team.
6. The Commissioner of Athletics may, at his or her discretion, alter the playoff scheduling and/or opponents. The Commissioner also has full discretion over the selection of playoff sites, and the dates and start times of playoff and championship contests.

- B. A regulation AAA game is seven (7) innings in length:

1. A regulation league game shall end early under the following conditions:
- If a team was behind by fifteen runs after three innings; OR
 - If a team was behind by ten runs after five innings; OR
 - If two hours had elapsed since the start of the game, the game would end at the conclusion of whatever inning was being played at the two hour mark. However, if the game was tied after two hours the two teams would play one inning to break the tie. If the game was tied at the end of that one inning, the game would end as a tie.
 - The tiebreaker procedure of NFHS Rulebook Rule 4, Section 2, Article 6 shall not be used.
2. In the playoffs and championship, the fifteen run and ten run rules of subsection (B)(1)(a) and (b) of this Section are still in effect. However, the two hour time limit of subsection (B)(1)(c) of this Section is not in effect.
3. In the regular league season and the playoffs, a game shall be a regulation game where darkness, rain, or other causes interfere with play so that the game must be terminated by the umpire where:
- If five (5) full innings have been played, or if the team second at bat has scored more runs in four (4) and a fraction times at bat then the opponent has scored in five (5) times at bat; OR
 - If the play has gone beyond five full innings.

- C. If a game is called before the completion of the number of innings specified and declared "no game" it shall be replayed as a new game at a later date.

- D. Coaches and Umpires shall meet before the game starts and reach an agreement on ground rules, and deliver their respective batting order to the Umpire and the other team. Home team coach is responsible for ground rules.

- E. It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.

NOTE: NFHS rules govern use of protective equipment by a player/student.

(Approved January 2015 Federated Council)

- F. Hats and visors are optional for defensive players. No bandanas are allowed.

- G. Each team must furnish a "new" unused ball for each game and have their own catcher's helmet. Home team will be responsible to supply the third ball and the visitor's, fourth ball, if necessary.

- H. All teams must be in full uniform.

- I. Each coach is to bring a set of bases.

- J. Infield practice is to be according to the following schedule unless an adjustment can be made by agreement of both coaches.

- Home team infield – 30 minutes prior to official scheduled game time
- Visiting team infield – 15 minutes prior to official scheduled game time

SECTION 13 SPIRIT SQUAD – COMPETITIVE CHEER/SIDELINE CHEER

Spirit Squad in the San Francisco Section is divided into two components, Competitive Cheer and Sideline Cheer.

A. Competitive Cheer:

1. The CIF authorizes the following two formats for competitive cheer.
 - a. Traditional Competitive Cheer (TCC)
For all CIF Bylaws, Traditional Competitive Cheer (TCC) will be defined as any competition using or following the traditional competitive format. Under CIF State bylaws, TCC coaches must meet education requirements and safety requirements of CIF State Bylaws 22.B.9 and 1702 (Ca. Education Code 35179-35179.7, 49032 and 45125.01 – 45125.1). The San Francisco Section requires all coaches to obtain AACCA cheer safety certification in order to be a coach for a traditional competitive cheer team.
 - b. Competitive Sport Cheer (CSC)
For all CIF Bylaws, Competitive Sport Cheer (CSC) will be defined as any cheer competition that consists of four quarters of play with a halftime in between the second and third quarters. CSC coaches must meet education requirements and safety requirements of CIF State Bylaws 22.B.9 and 1702 (Ca. Education Code 35179-35179.7, 49032 and 45125.01 – 45125.1). The San Francisco Section requires all coaches to obtain AACCA cheer safety certification in order to be a coach for a competitive sports cheer team.
 - c. Competition Cheer (see (a) and (b) above shall not be counted towards a school's Title IX compliance unless the U.S. Department of Education Office for Civil Rights deems Competition Cheer compliant with its definition of a sport.
2. The minimum number of participants to field either a traditional competitive cheer team or a competitive sport cheer team is five.
3. An approved coach will be paid by the Athletic Office provided the squad competes in at least one high school competitive cheer competition during the school year. Proof of competition must be presented to the Athletic Office prior to payment being issued.
4. The Athletic Office has the authorization to conduct one or more SF Section competitive high school cheer competition(s). NFHS rules will govern this competition.
5. Competitive Cheer team members are governed by the scholastic eligibility, residential eligibility, multi-school participation, disciplinary and expulsion provisions of these Bylaws, and are subject to all CIF Bylaw provisions and their corresponding CIF San Francisco Section Bylaw provisions.

NOTE: The CIF San Francisco Section currently holds competition in the following three categories: (1) Show/Cheer; (2) Pom/Dance; and (3) Cheer/Stunt. The Section works with a competition committee to set the rules for each category, and to decide whether to maintain the current three categories or adjust the competition format. The Section's Board of Managers has ruled that the maximum team size in each of the three current competition categories shall be twenty-five competitors per team.

6. Official Rules Books
As per CIF State Bylaw 1201(A), the National Federation of High Schools (NFHS) Spirit Rules Book shall be the official rule book.
7. CIF State bylaws require schools to ensure that all TCC and CSC coaches, paid and unpaid, will have completed a safety education program that emphasizes the following components:
 - a. A philosophy of safety awareness
 - b. Understanding and assessing legal liability in cheerleading
 - c. Knowledge of cheerleading safety equipment, including apparel and training aids such as spotting belts and mats
 - d. Spotting techniques for tumbling, partner stunts, and pyramids.
 - e. Skill progressions for tumbling, partner stunts, and pyramids.
 - f. Physical and psychological performer readiness.
 - g. Medical responsibilities, including injury prevention, the development of an emergency plan, and the assessment, treatment and rehabilitation of injuries. (See also CIF State Bylaws Article 22.B.9).

NOTE: In the San Francisco Section, coaches shall meet the requirement of completing the required safety program by obtaining AACCA Spirit Safety Certification.

B. Sideline Cheer is governed by the following SF Section rules:

1. The defined season of sport is the entire school athletic year, from the first competitive athletic event of the SF Section member school to the final athletic event of the SF Section member school for which the members participate.
2. There is no minimum number of participants.
3. An approved coach, as per Part I, Sections 4 and 5 of these Bylaws, must supervise the Spirit Squad team at all athletic events, however they will not be paid by the Athletic Office.
4. Sideline Cheer spirit squad members are governed by and their activities fall under Part I, Sections 1-5, 11-14, 20 -21, 31-35 and all of Part IV of these Bylaws.

Q: Are sideline cheer squads allowed to go to competitions?

A: No. Once a sideline cheer squad competes they are considered to be a traditional competitive cheer team and would be subject to CIF bylaws as they relate to that sport.

Q: Is there a CIF season of sport for traditional competitive cheer?

A: No. At this time, traditional competitive cheer teams may operate and attend competitions throughout the school year. However, competitive sport cheer teams are restricted to the CIF spring season of sport.

Q: Since there is not a CIF season of sport for traditional competitive cheer, does CIF Bylaw 600 (Outside Competition) apply?

A: No. Since CIF Bylaw 600 only applies to outside competition during the student's high school season of sport, the rule would not apply as traditional competitive cheer does not currently have a season of sport. Bylaw 600 would apply to competitive sport cheer as that sport has the spring as its CIF season of sport.

Q: Do transfer rules now apply to traditional competitive cheer and competitive sport cheer since they are considered CIF sports?

A: Yes. All CIF Bylaws related to transfers apply to traditional competitive cheer and competitive sport cheer. The only exception would be the application of the sit out period for traditional competitive cheer. Since there is not currently a CIF season of sport for traditional competitive cheer, the sit out period would only apply to the first season of sport following the transfer.

Q: Does CIF Bylaw 504.M (Sunday day of respite) apply to traditional competitive cheer and competitive sport cheer?

A: Yes. Schools may not practice or compete on Sundays in either sport unless they have been approved by their local CIF Section Office to select either Friday or Saturday as their alternate day of respite for religious purposes.

Q: Does CIF Bylaw 506 (Practice Allowance) apply to traditional competitive cheer and competitive sport cheer?

A: Yes. Traditional competitive cheer and competitive sport cheer must comply with CIF State Bylaw 506 (the practice time allowance).

SECTION 14 SWIMMING

- A. The District shall hold league competition at the boys' varsity level, the girls' varsity level, the boys' junior varsity level and the girls' junior varsity levels of competition. The boys and girls' junior varsity level of competition shall be open to freshman, sophomores, juniors, and seniors who do not qualify for a school's varsity team.
- B. Maximum times for Junior Varsity Swimming may be set by the committee of coaches (coaches of all league member schools). Times may be adjusted by the Commissioner at his/her discretion. A swimmer who exceeds the maximum time in an event in any high school meet shall not be eligible to swim at the junior varsity level in that event in any league or Section meet for the remainder of the student's high school athletic career unless the maximum time is adjusted following the swimmer exceeding the maximum time, and the swimmer has not exceeded the new maximum time in that event.
- C. A swimmer is subject to the following limitations during the AAA Athletic League regular season:
1. A swimmer may move between the junior varsity level and the varsity level during the season unless the swimmer is barred from doing so under the maximum time provisions of Section B.
 2. A swimmer shall not compete on both the junior varsity and the varsity levels during the same meet unless the swimmer is a swimmer who is being moved to a different level to fill a slot on a relay team that lacks sufficient members. However, a swimmer cannot be moved to a slot on a junior varsity relay team if barred by the maximum time provisions of Section B unless the swimmer receives a waiver from the Commissioner of Athletics.
- D. A swimmer shall not be eligible to compete in both the Junior Varsity and the Varsity All City Championships (nor shall a swimmer compete at both levels of any league or Section playoff or championship tournament held under a different name). However, a school may move as many as two swimmers who competed in the Junior Varsity All City Championships onto a relay team in the Varsity All City Championships where the school lacks sufficient swimmers to field a complete varsity relay team.
- E. A swimmer who has competed in interscholastic swimming in his or her freshman, sophomore, and junior seasons is not eligible to compete in junior varsity swimming in his or her senior year in high school even if the swimmer has not exceeded the junior varsity time standard.
- F. A complete entry list for each league dual meet must be exchanged between coaches and referees prior to the first event. No changes are to be made on the entry list after it is submitted.
- G. Both teams shall notify the Athletic Office and/or its designee of the results of the contest, and the results of all events within the contest. This notification shall be delivered in the time frame established by the Athletic Office. The host school shall give the Athletic Office complete results for all league meets indicating full names and times for every athlete participating.
- H. A seeding meeting will be held to draw the All-City tournament brackets and to seed the swimmers. A representative must be present from each school entering swimmers. Should a school representative not be present, the Athletic Commissioner or his/her designee shall determine who may or may not be entered from the unrepresented school.
- I. A round-robin schedule will be developed annually.
- J. Scoring/League Standings: NFHS scoring will not be in effect in league meets, and standings will not be kept. Schools should submit their top times and marks for each event to the Athletic Office. The Athletic Office will compile a list of the top 10 results in each event by gender.
- K. Diving will not be an event in the Round-Robin or the All-City.
- L. An All-City Meet will be conducted to determine Individual Champions and Team Champions with final standing for all schools. Scoring will be as dictated in the National Federation Rule Book.
- M. All schools may enter the All City Meet. Individual scores as determined by the Rule Book in each sport will be totaled to determine champion and final standing for the All City Meet. The All City Meet determines Team Champion and final standings. To be eligible for All-City competition, a student must have competed in at least one scheduled league meet. Qualifying marks are required to enter specific events in All City Competition.

SECTION 15 TENNIS

BOYS RULES:

A. Specific Rules for Tennis

1. The United States Tennis Association (USTA) Rule Book is the governing authority in tennis. Rulings shall be made and governed by the following priorities: First, these Bylaws; Second, the Official Rule Book.
2. The USTA's Code of Conduct for Unofficial Matches shall be followed (that code is set out at www.usta.com.) The following exceptions apply:
 - a. Players shall be given the conduct warning and sportsmanship reminder by the host school's coach prior to the start of each match.
 - b. Any coach may assess a code violation with penalty administered as per USTA rules.
 - c. The Commissioner of Athletics has the discretion to provide either a certified official or officials or provide an uncertified non-partisan official for one or more matches.
3. During AAA Athletic League play and CIF San Francisco Section playoffs and championships, coaching is to be allowed at any changeover during a match but shall not exceed the time allowed.

B. Uniforms: All participants must wear proper tennis attire. All participants also shall wear their school colors. Shirts should bear a school logo or insignia.

C. Balls: Each school shall furnish seven (7) new tennis balls (one for each match played).

D. Team Composition

Each team will consist of four (4) singles players and three (3) doubles teams. Players may only play one event (singles or doubles). However, for league play only, a team may choose to play only three singles and two doubles teams should they not have a sufficient number of team members. The team must declare itself a 3/2 team at the beginning of the season. This exception will not be permitted for playoff and final/championship contests. Each school will decide which event a player will play based on the following guidelines:

1. Ranking of players: All tennis players on a school's eligibility list shall be rated in order of ability on ranking ladders sent to the Athletic Office by a designated date. After the initial ranking, all rankings shall reflect changes in players'/teams' ability. If a team does not submit any rankings after their initial ranking, they shall not change the order set out on their initial ranking ladder. (**Lower tier schools may adjust rosters/rankings throughout round robin play.) Ability is to be determined by a challenge ladder. It is recommended that the top three play singles. Teams may declare at the beginning of the season if they wish to be considered as a lower tier team. A lower tier team may adjust their rankings any time throughout the season prior to the playoffs but MUST be able to provide challenge match results if requested when any issue regarding player ability and their ranking arises. ALL lower tier players MUST play at a higher ranking than any team member that they have most recently defeated. Declaration of lower tier status will be made at the pre-season meeting and can only be confirmed by the following:
 - a. Previous year's status as a non-playoff team; AND/OR
 - b. A vote of the coaches from each of the other schools in the league
2. If a singles player is injured/absent/unable to play a substitute will be allowed as long as the player does not play above a player of higher rank. In the case of absence in doubles, a coach may alternate at his/her discretion, provided that no doubles team plays at a lower position than its combined player ranking. (See ranking instructions in the Enclosures to these Bylaws.)
3. A team's ranking ladder must accurately reflect the ability of the players. A team that manipulates its rankings in order to gain an advantage shall be subject to penalties, including but not limited to removal from the AAA Athletic League and CIF San Francisco Section playoffs.

E. Scoring for Team (round robin) Play

1. Contests shall consist of four singles matches and three doubles matches. However, teams that opt to participate as 3/2 teams pursuant to subsection (D) of this Section, shall engage in three singles matches and two doubles matches against their opponents even if their opponents have not opted to avail themselves of the 3/2 team exception. The team that wins the most matches shall be the winner of the contest.

2. All matches will be scored as follows:
 - a. Matches shall be 2 out of 3 sets with no-Ad scoring.
 - b. A 12 point tiebreak shall be played to determine the winner of a set where the set is tied at 6-6.
 - c. Schools shall play a third set to determine the winner of any match that is tied at the conclusion of two sets. However, schools may play a ten point super tiebreak (in accordance with USTA Rules Appendix Four) instead of a third set to determine the winner of a tied match. This super tiebreak may only be held where both schools' coaches agree that the super tiebreak is needed either to (i) complete the match before it becomes too dark to play the match; or (ii) to complete the match before a pending weather condition may make it impossible to play the match. The super tiebreak option shall only be available to schools in league matches. The super tiebreak option shall not be available to schools in league finals, section finals, and the All City Individual Tournament.

F. **League Structure**

The Boys' Tennis League shall consist of the following schools: Balboa, Lincoln, Lowell, Wallenberg, and Washington. Schools seeking to enter league play shall adhere to the petitioning for entry provisions set out at Part XI, Section 3 of these Bylaws.

G. **Round Robin Schedule**

1. The teams entered into the Boys' Tennis League shall participate in a single round robin league, playing one contest against all other teams in the league. However, should there be eight teams or fewer entered into the league, a double round robin will be played.
2. The AAA Athletic League schedule will be developed as per Part I, Section 32 of these Bylaws.
3. Where possible, the home teams shall be alternated on a yearly basis.

H. **Playoff and Championship Structure**

1. The top four teams in round robin league play will compete in a semifinal and final to determine the CIF San Francisco Section champion.
2. The semifinal shall be as follows: the first place team shall compete against the fourth place team; and the second team shall compete against the third place team.
3. The championship game shall be between the 2 semifinal winners. The game shall be held at a neutral site if a suitable site can be arranged. If the Commissioner determines that no suitable neutral site can be arranged, the Commissioner or his or her authorized designee shall make arrangements to play the game at one the participating teams' home site. All game arrangements shall be at the discretion of the Commissioner.
4. Semi-finals will be played with no-Ad scoring. The team final will be played with regular scoring.

I. **All City Individual Tournament**

1. An All-City Tournament will be conducted to determine individual varsity singles, varsity doubles and novice doubles champion.
2. USTA Boys 18 rules will apply with the following exceptions:
 - a. Players will be given conduct warning prior to match and should be aware of "The Code."
 - b. Code violations may be called by any coach with penalty administered as per USTA rules.
 - c. No new tennis balls will be given for a third set except for varsity semi-final, final, and third place match.
 - d. 90 second break on changeovers, 2 minute break after first and second set.
 - e. Players requiring medical treatment will be given a 5 minute period after treatment to continue or retire.
3. The Commissioner shall appoint a Tournament Director to run the All-City Tournament.
4. The Commissioner may appoint a committee consisting of three coaches to rule on any tournament playing rule disputes arising at the All-City Tournament site. If the Commissioner does not appoint a committee, the Tournament Director shall be charged with making these rulings.

5. Matches in the varsity singles and doubles tournament will be 2 out of three sets (12 point tiebreaker will be played at 6-6) with No-Ad scoring, except for the varsity semi-finals and finals.
6. A seeding meeting (held by coaches) will be held to seed players in the varsity tournaments, 4 or 8 players/teams may be seeded. All other players will be placed in a draw to fill the brackets.
7. **Eligibility for All City**
 - a. All players in the league are able to compete in the varsity tournaments. Players who played singles but did not play doubles in league play are eligible to play doubles in the All City Tournament.
 - b. The number one player on a team's ranking ladder shall only be eligible to participate in the All City Varsity Singles Tournament. With the exception of a team's number one player, all other players are eligible to enter either the varsity singles or the varsity doubles tournament.
 - c. Novice Eligibility: Tennis players who have a winning record in round robin play or finished first, second or third in any previous All-City Tournament are not eligible for the novice tournament. **Exception:** A player with a winning record in round robin play may be granted eligibility to participate in the novice tournament by the Tournament Director or Tournament Committee if the Tournament Director or Tournament Committee determine that the player's skill level merits placement in the novice tournament. The Tournament Director or Tournament Committee shall solicit the opinion of the coaches' committee before granting a player with a winning record eligibility to participate in the novice tournament. The Commissioner shall hear any appeals from the Tournament Director or Tournament Committee's decision to grant or deny a participant with a winning record novice eligibility. The Commissioner's decision shall be unappealable.
 - d. Novice Doubles Tournament: This element of the All City Tournament was created for new and beginning tennis players to have experience in and gain success in a tennis tournament. Coaches are charged to keep the spirit of sportsmanship, enjoyment and advancement of student-athletes as the focus of this tournament.

GIRLS RULES:

A. Specific Rules for Tennis

1. The United States Tennis Association (USTA) Rule Book is the governing authority in tennis. Rulings shall be made and governed by the following priorities: First, these Bylaws; Second, the Official Rule Book.
2. The USTA's Code of Conduct for Unofficial Matches shall be followed (that code is set out at www.usta.com). The following exceptions apply:
 - a. Players shall be given the conduct warning and sportsmanship reminder by the host school's coach prior to the start of each match.
 - b. Any coach may assess a code violation with penalty administered as per USTA rules.
 - c. The Commissioner of Athletics has the discretion to provide either a certified official or officials or provide an uncertified non-partisan official for one or more matches.
3. During AAA Athletic League play and CIF San Francisco Section playoffs and championships, coaching is to be allowed at any changeover during a match but shall not exceed the time allowed.

B. Uniforms: All participants must wear proper tennis attire. All participants also shall wear their school colors. Shirts should bear a school logo or insignia.

C. Balls: Each school shall furnish seven (7) new tennis balls (one for each match played).

D. Team Composition

Each team will consist of four (4) singles players and three (3) doubles teams. Players may only play one event (singles or doubles). However, for league play only, a team may choose to play only three singles and two doubles teams should they not have a sufficient number of team members. The team must declare itself a 3/2 team at the beginning of the season. This exception will not be permitted for playoff and final/championship contests. Each school will decide which event a player will play based on the following guidelines:

1. Ranking of players: All tennis players on a school's eligibility list shall be rated in order of ability on ranking ladders sent to the Athletic Office by a designated date. After the initial ranking, all rankings shall reflect changes in players'/teams' ability. If a team does not submit any rankings after their initial ranking, they shall not change the order set out on their initial ranking ladder. (**Lower tier schools may adjust rosters/rankings throughout

round robin play.) Ability is to be determined by a challenge ladder. It is recommended that the top three play singles. Teams may declare at the beginning of the season if they wish to be considered as a lower tier team. A lower tier team may adjust their rankings any time throughout the season prior to the playoffs but MUST be able to provide challenge match results if requested when any issue regarding player ability and their ranking arises. ALL lower tier players MUST play at a higher ranking than any team member that they have most recently defeated. Declaration of lower tier status will be made at the pre-season meeting and can only be confirmed by the following:

- a. Previous year's status as a non-playoff team; AND/OR
 - b. A vote of the coaches from each of the other schools in the league
2. If a singles player is injured/absent/unable to play a substitute will be allowed as long as the player does not play above a player of higher rank. In the case of absence in doubles, a coach may alternate at his/her discretion, provided that no doubles team plays at a lower position than its combined player ranking. (See ranking instructions in the Enclosures to these Bylaws)
 3. A team's ranking ladder must accurately reflect the ability of the players. A team that manipulates its rankings in order to gain an advantage shall be subject to penalties, including but not limited to removal from the AAA Athletic League and CIF San Francisco Section playoffs.

E. Scoring for Team (round robin) Play

1. Contests shall consist of four singles matches and three doubles matches. However, teams that opt to participate as 3/2 teams pursuant to subsection (D) of this Section, shall engage in three singles matches and two doubles matches against their opponents even if their opponents have not opted to avail themselves of the 3/2 team exception. The team that wins the most matches shall be the winner of the contest.
2. All matches will be scored as follows:
 - a. Matches shall be 2 out of 3 sets with no-Ad scoring.
 - b. A 12 point tiebreak shall be played to determine the winner of a set where the set is tied at 6-6.
 - c. Schools shall play a third set to determine the winner of any match that is tied at the conclusion of two sets. However, schools may play a ten point super tiebreak (in accordance with USTA Rules Appendix Four) instead of a third set to determine the winner of a tied match. This super tiebreak may only be held where both schools' coaches agree that the super tiebreak is needed either to (i) complete the match before it becomes too dark to play the match; or (ii) to complete the match before a pending weather condition may make it impossible to play the match. The super tiebreak option shall only be available to schools in league matches. The super tiebreak option shall not be available to schools in league finals, section finals, and the All City Individual Tournament.

F. League Structure

The Girls' Tennis League shall consist of the following schools: Balboa, Galileo, Lincoln, Lowell, Mission, Wallenberg, and Washington. Schools seeking to enter league play shall adhere to the petitioning for entry provisions set out at Part XI, Section 3 of these Bylaws.

G. Round Robin Schedule

1. The teams entered into the Girls' Tennis League shall participate in a single round robin league, playing one contest against all other teams in the league. However, should there be eight teams or fewer entered into the league, a double round robin will be played.
2. The AAA Athletic League schedule will be developed as per Part I, Section 32 of these Bylaws.
3. Where possible, the home teams shall be alternated on a yearly basis.

H. Playoff and Championship Structure

1. The top four teams in round robin league play will compete in a semifinal and final to determine the CIF San Francisco Section champion.
2. The semifinal shall be as follows: the first place team shall compete against the fourth place team; and the second team shall compete against the third place team.

3. The championship game shall be between the 2 semifinal winners. The game shall be held at a neutral site if a suitable site can be arranged. If the Commissioner determines that no suitable neutral site can be arranged, the Commissioner or his or her authorized designee shall make arrangements to play the game at one the participating teams' home site. All game arrangements shall be at the discretion of the Commissioner.
4. Semi-finals will be played with no-Ad scoring. The team final will be played with regular scoring.

I. **All City Individual Tournament**

1. An All-City Tournament will be conducted to determine individual varsity singles, varsity doubles and novice doubles champion.
2. USTA Girls 18 rules will apply with the following exceptions:
 - a. Players will be given conduct warning prior to match and should be aware of "The Code."
 - b. Code violations may be called by any coach with penalty administered as per USTA rules.
 - c. No new tennis balls will be given for a third set except for varsity semi-final, final, and third place match.
 - d. 90 second break on changeovers, 2 minute break after first and second set.
 - e. Players requiring medical treatment will be given a 5 minute period after treatment to continue or retire.
3. The Commissioner shall appoint a Tournament Director to run the All-City Tournament.
4. The Commissioner may appoint a committee consisting of three coaches to rule on any tournament playing rule disputes arising at the All-City Tournament site. If the Commissioner does not appoint a committee, the Tournament Director shall be charged with making these rulings.
5. Matches in the varsity singles and doubles tournament will be 2 out of three sets (12 point tiebreaker will be played at 6-6) with No-Ad scoring, except for the varsity semi-finals and finals.
6. A seeding meeting (held by coaches) will be held to seed players in the varsity tournaments, 4 or 8 players/teams may be seeded. All other players will be placed in a draw to fill the brackets.
7. **Eligibility for All City**
 - a. All players in the league are able to compete in the varsity tournaments. Players who played singles but did not play doubles in league play are eligible to play doubles in the All City Tournament.
 - b. The number one player on a team's ranking ladder shall only be eligible to participate in the All City Varsity Singles Tournament. With the exception of a team's number one player, all other players are eligible to enter either the varsity singles or the varsity doubles tournament.
 - c. Novice Eligibility: Tennis players who have a winning record in round robin play or finished first, second or third in any previous All-City Tournament are not eligible for the novice tournament.
Exception: A player with a winning record in round robin play may be granted eligibility to participate in the novice tournament by the Tournament Director or Tournament Committee if the Tournament Director or Tournament Committee determine that the player's skill level merits placement in the novice tournament. The Tournament Director or Tournament Committee shall solicit the opinion of the coaches' committee before granting a player with a winning record eligibility to participate in the novice tournament. The Commissioner shall hear any appeals from the Tournament Director or Tournament Committee's decision to grant or deny a participant with a winning record novice eligibility. The Commissioner's decision shall be unappealable.
 - d. Novice Doubles Tournament: This element of the All City Tournament was created for new and beginning tennis players to have experience in and gain success in a tennis tournament. Coaches are charged to keep the spirit of sportsmanship, enjoyment and advancement of student-athletes as the focus of this tournament.

SECTION 16 TRACK AND FIELD

- A. The official rules book is the current year's NFHS Track and Field rule book. Rulings shall be made and governed by the following priorities: First, these Bylaws, Rules and Regulations; Second – the official rule book.
- B. League Structure: The league shall consist of a single division. The format shall be a single round robin in which each school competes against each other school one time during the season. This competition may occur through a dual meet, double dual meet, or tri-meet. League competition in any other format shall require the permission of the Commissioner of Athletics.
- C. Levels of Competition: The league shall hold competition at the following levels as set out herein.
1. The league shall hold competition at the boys' varsity level, the girls' varsity level, the boys' frosh/soph level, and the girls' frosh/soph level.
 2. An athlete may only participate at one level in a meet.
 3. Ninth and tenth grade athletes may change levels from meet to meet, but may only participate at one level in a meet.
 4. **Exception to #3** – Where the MEET DIRECTOR/CLERK or the Commissioner of Athletics determines that a school does not have enough participants to fill a heat of a varsity event, the school may move a frosh/soph athlete up to the varsity level in the same meet. However, no frosh/soph athlete may move up to the varsity level in an event in which he/she has competed at the frosh/soph level in the same meet. Also, no frosh/soph athlete may exceed the NFHS maximum for events in one meet.
NOTE: A relay is an event for the purposes of NFHS rules and this bylaw.
 5. Where only one of the schools in a meet has participants in an event, the event shall still be held, and the provisions of this subsection of these Bylaws shall apply.
- D. **Number of Entries per Meet**
1. Dual Meets: The league shall hold no more than three heats for each level of competition set out in subsection (C)(1) of this Section in each dual meet.
 2. Double Dual Meets: The league shall hold no more than six heats for each level of competition set out in subsection (C)(1) of this Section in each double dual meet. For purposes of this Section, a double dual meet shall be a meet in which two sets of dual meets are held simultaneously at one track.
 3. Tri Meets: The league shall hold no more than six heats for each level of competition set out in subsection (C)(1) of this Section in each tri meet. For purposes of this Section, a tri meet shall be a meet in which three schools compete against each other.
- E. **Submission of Entries for League Meets**
1. No later than two days (48 hours) before the start of each league meet, the coach of each school competing in a meet shall provide the designated host school the number of competitors the school intends to enter in each event at each of the levels of competition set out in subsection (C)(1) of this Section. The host school shall acknowledge receipt of each school's entries by 10:00 a.m. the day before the event.
 2. Late Entries: A school that fails to provide its entries in the manner proscribed by subsection (E)(1) of this Section shall be subject to the following limits on its entries:
 - a. A school making late entries shall be limited to a maximum of three entries in each level of competition set out in subsection (C)(1) of this Section for all meets held on an 8 lane track.
 - b. A school making late entries shall be limited to a maximum of two entries in each level of competition set out in subsection (C)(1) of this Section for all meets held on a 6 lane track.
 - c. A school making late entries shall be limited to a maximum of three entries in each level of competition set out in subsection (C)(1) of this Section for all field events.
 - d. A school that fails to submit entries shall be treated in the same manner as a school that makes a late entry.

3. Reporting of Late Entries: The coach of the host school shall notify the Athletic Office where a school makes late entries. The Athletic Office shall notify the principal and athletic director of the school that made the late entries, and the Athletic Office shall notify the coaches' committee and the head of the coaches' committee.
4. Scratch Meeting and Entries: Any slots not filled when entries were submitted may be filled by agreement of the coaches at the scratch meeting or by the clerk of the course in the bullpen. However, schools that made late entries are subject to the restrictions set out in subsections (E)(2) and (3) of this Section.

F. Scoring/League Standings: NFHS scoring will not be in effect in league meets, and standings will not be kept. Schools should submit their top times and marks for each event to the Athletic Office. The Athletic Office will compile a list of the top 10 results in each event by gender.

G. **Track Maintenance Fee**

1. The Athletic Office may charge each school participating in track a maintenance fee. The Athletic Office may consult with the track coaches' committee in order to set the fee.
2. The track maintenance fee is intended to spread the economic cost of equipment and track implements amongst the collective user schools, and to spread the time and maintenance burdens incurred by schools that host track meets amongst the collective users.
3. Individual schools may be charged additional fees where the Commissioner finds that they have lost or damaged equipment or implements or where their improper care of equipment and implements unduly burdens either their fellow schools or the school that harbors, stores or maintains the equipment that has been lost or damaged.
4. Schools charged an additional fee pursuant to subsection (G)(3) of this Section may appeal. The principal of a school that wishes to challenge the assessment of an additional fee may file an appeal to a Level II panel of three judges who shall either be Athletic Directors, principals, or a combination of the two if the appeal is made within five days of the Athletic Office's notice of the additional fee assessment.

H. All schools may enter the All City Meet. Not more than four contestants from a given school shall be allowed to enter an individual event. Individual scores as determined by the Rule Book will be totaled to determine champion and final standing for the All City Meet. The All City Meet determines Team Champion and final standings. To be eligible for All-City competition, a student must have competed in at least one scheduled league meet. Qualifying marks are required to enter specific events in All City Competition.

NOTE: The Commissioner may incorporate one or more Para-Athletic events into the All City meet. The Commissioner may also incorporate one or more Unified – Sports events into the All City meet.

Para-athletes and Unified sports teams may score points for their school if they are eligible under all CIF rules. Modified scoring for para-athletic events will be as follows: 1st place = 2 points; 2nd – 6th place = 1 point. The maximum point total from para-athletic events that can count toward a team's final score shall be capped at 2 points. Modified scoring for Unified sports events will be as follows: 1st place = 2 points; 2nd – 6th place = 1 point. The maximum point total from unified sports events that can count toward a team's final score shall be capped at 2 points.

Para-athletes, Unified sports athletes, and the partners of Unified sports athletes may participate in Para-Athletic events and Unified Sports where they are not eligible under all CIF rules if they have completed a current pre-participation physical exam form, a voluntary consent form, a sudden cardiac information sheet, an anti-steroid agreement, and a concussion information sheet. Para-athletes, Unified sports athletes and the partners of Unified sports athletes who are not eligible under all CIF rules may not score points for their school.

SECTION 17 VOLLEYBALL

- A. The AAA Athletic League conducts Volleyball league play at the Girls Varsity, Girls Junior Varsity, and Boys Varsity levels.
- B. The girls' varsity league shall be structured as follows:
1. Each year the league will be divided into two divisions: an Upper Division (Division 1) and a Lower Division (Division 2). The upper division shall consist of those teams that are presumed to be more competitive based upon their previous year's performance.
 - a. The previous year's participating teams will remain in their respective divisions, except that the top team from Division 2 will be advanced to Division 1, and the bottom team from Division 1 will be dropped to Division 2.
 - b. Any new entrant will be placed into either division at the discretion of the Commissioner of Athletics.
 - c. The divisions shall be balanced numerically (i.e. neither division shall have more than one more team than the other division).
 - d. The Commissioner of Athletics has the discretion to alter the division alignments, and override the move up, move down provisions of subsection (C)(1)(a) where he/she determines that such actions are necessary to maintain competitive balance. However, where the league has thirteen or more teams, the Commissioner may not use his power to alter divisions for competitive balance to create a division of fewer than 5 teams.
 - e. Where a division has eight teams or fewer, teams shall play a double round robin against the teams in their division, and shall not play against the teams in the other division.
 - f. Where a division has nine teams or more, teams shall play a single round robin against the teams in their division, and shall not play against the teams in the other division.
 - g. Where the Commissioner alters the divisions and creates a division of five teams where the league has thirteen or more teams, teams in the division with five teams shall play three times against the teams in their own division, but teams shall not play against the other division.
 2. Home and away teams during league play will be alternated on a yearly basis where teams do not play a double round robin in their division. This provision may be waived by the Commissioner of Athletics at his or her discretion.
- C. Girls' Varsity playoffs shall be structured as follows:
1. The league shall have a first round playoff, a semifinal round playoff, and a championship game.
 2. The playoff participants shall be as follows:
 - a. The top 4 teams from Division 1 seeded numbers 1 through 4
 - b. The top two teams from Division 2 seeded numbers 5 and 6
 3. The first round playoffs shall be as follows:

Division 1 #3 hosts Division 2 #2 (the #6 seed)
Division 1 #4 hosts Division 2 #1 (the #5 seed)
 4. The semifinal round playoffs shall be as follows:

Division 1 #1 hosts the winner of the Division 1 #4 vs. Division 2 #1 contest
Division 1 #2 hosts the winner of the Division 1 #3 vs. Division 2 #2 contest
 5. The championship game shall be between the 2 semifinal round winners with the highest seed being the designated home team.
 6. The Commissioner of Athletics may, at his or her discretion, alter the playoff scheduling and/or opponents. The Commissioner also has full discretion over the selection of playoff sites, and the dates and start times of playoff and championship contests.
- D. Once a student plays in a League varsity volleyball game after his or her school's fifth League game, he or she shall not be moved to the Frosh/Soph or Junior Varsity during the current season. If the league varsity schedule has only 8 games or fewer, then the student shall not be moved to the Frosh/Soph or Junior Varsity after the third game of the season.

- E. In the boys' varsity league, a single round-robin schedule will be played to determine the play-off participants. For Boys Varsity Volleyball—should there be eight teams or fewer entered into the league, a double round robin will be played. The schedule will be developed as per the formula set out in Part I, Section 32 of these Bylaws.
- F. Play-offs will be conducted for the top four teams in the Boys' Varsity league.
- G. Freshman, Sophomores, and Juniors are eligible to participate in the Girls' Junior Varsity league. The Girls' Junior Varsity league shall play a single round-robin schedule.
- H. Play-offs will be conducted for the top four teams in the Girls' Junior Varsity league.
- I. The Commissioner of Athletics may, at his or her discretion, alter the league scheduling and/or opponents.
- J. The championship game in the Boys' Varsity, Girls' Junior Varsity, and Girls' Varsity leagues shall be between the two semifinal round winners with the highest seed being the designated home team.
- K. San Francisco Section Boys' and Girls' Varsity Volleyball team(s) advance to the State CIF Tournament pursuant to the State CIF's qualification regulations.
- L. The Commissioner of Athletics may, at his or her discretion, alter the playoff scheduling and/or opponents. The Commissioner also has full discretion over the selection of playoff sites, and the dates and start times of playoff and championship contests.

SECTION 18 WRESTLING

- A. The official rules are the rules of the NFHS. The AAA Athletic League will conduct a round-robin league schedule in order to determine wrestlers' abilities for the All City Tournament/CIF San Francisco Section Tournament seeding meeting. This schedule shall be developed per the formula set out in these Bylaws.
- B. **Days of Practice**
1. Each individual student not a member and participant of a fall sports team shall have at least 10 days of practice before the student can compete in a meet or tournament.
 2. Each individual who completes the regular season in a fall sport shall have at least five days of practice before the student can compete in a meet or tournament.
- C. **40-Match Rule**
- A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count towards the 40-match maximum.
- EXCEPTION:** Any matches wrestled in a CIF Section team dual championship tournament will not count as part of the 40-match maximum.
- (Approved October 2001 Federated Council)
- PENALTY:** Violation of CIF State Article 3201 (which is this provision of the CIF San Francisco Section bylaws) will result in the following sanctions:
- If an athlete goes over the prescribed 40 match limit, the athlete shall be ineligible for any further competition for the season. In addition, the Section may impose the following additional sanctions:
1. The final season record will be reduced by at least one win at the conclusion of the season;
 2. The school will be placed on probation;
 3. The team/individual will be ineligible to advance to or in Section, Regional or State Championships;
 4. Reduction of maximum number of matches allowed for the following year in that sport;
 5. Repeated violation may result in suspension of membership in the CIF.
- (Approved November 2009 Federated Council)
- D. **All City/Section Modifications**
1. CIF Sections may conduct their championship and qualifying tournaments in one day, provided such tournaments do not exceed a 16-person bracket plan.
 2. No school, league or CIF Section shall deviate from the official wrestling rules except as indicated above.
 3. The All-/City Tournament will be conducted to determine Individual Champions and Team Champion in the CIF San Francisco Section. Scoring will be as determined in the NFHS Rule book.
 4. A seeding meeting will be held prior to the All-City Meet to Seed the wrestlers in brackets. All coaches must attend seeding meeting and be prepared to Seed their wrestlers.
 5. A wrestler competing in a CIF San Francisco Section wrestling league shall have his or her eligibility for seeding determined by the Section's coaches serving in the capacity of a seeding committee. All wrestlers shall be seeded in accordance with the seeding regulations and procedures established by that seeding committee. All coaches must attend the seeding meeting and be prepared to Seed their wrestlers.
 6. A wrestler who did not compete in a CIF San Francisco Section wrestling league shall not have his or her eligibility for seeding determined by the seeding committee unless: (a) the wrestler's school did not participate in a league for a reason that the Section Commissioner deems to be acceptable; (b) the wrestler and his or her school have complied with all CIF and CIF San Francisco Section bylaws; and (c) the wrestler has competed in a

minimum of ten matches, and has won at least 51% of those matches.

7. The top four wrestlers in each weight class shall receive seeding positions one through four in their bracket.
8. The bottom four wrestlers in each weight class shall be placed into brackets by random draw.
9. Wrestlers who are not amongst the top four or bottom four wrestlers in a weight class shall be seeded in accordance with the regulations established by the seeding committee.
10. A transferee will be seeded according to ability.

E. Weigh-Ins

1. All CIF-member schools must follow all National Federation rules and procedures concerning the weigh-ins. (A) Violation of NFHS rule 4-5-5 will result in the following sanction; the host school will not be allowed to host any tournament for the following year and cannot financially benefit from any other tournament for that year. In addition, the Section may impose the following additional sanctions:
 - a. The hosting school is placed on probation.
 - b. Reduction of maximum number of matches.
 (Revised May 2010 Federated Council; see NFHS Wrestling Rules Book 4-5-5)
2. California provides 14 weight classes per NFHS rules and the two-pound growth allowance to each weight class on January 15.
(Approved February 1997 Federated Council; also see NFHS Wrestling Rules Book 4-4-4)
3. Each coach is required to bring his/her team's Pre-Match Weigh-In Form to all competitions including the CIF State Wrestling Championships.
PENALTY: Failure to comply will result in the entire team being ineligible to compete and charged with forfeiture.
NOTE: In matches in the AAA Athletic League, both schools shall report the disqualification to the San Francisco Section office.
4. Each wrestler is required to weigh in with his/her Pre-Match Weigh-In Form at all competitions up to and including the competition that begins the CIF State Championship qualifying series.
PENALTY: Failure to comply will result in the wrestler being ineligible for that competition.
(Revised May 2006 Federated Council)
5. The use of laxatives, emetics, excessive food and liquid restriction, self induced vomiting, hot rooms, hot boxes, saunas, and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g. rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of re-hydration (i.e. intravenous hydration) are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.
6. **Suggestions for use of scales for dual meet weigh-ins:**
 - a. On a radial (spring balance) scale the indicator should be at 0.
 - b. On a physicians scale, set both weights on 0 and check that the indicator is balance in the center. On most scales there is a weight compensator adjustment.
 - c. Check to see that the scale is flat on the surface.

Proper recording should be as follows: The weight recorded is by whole pounds. There are no fractions listed. Any indicator on the upside of the pound mark should be recorded to the next pound. As an example 140 ¼ pounds should be listed as 141 pounds.

7. **Suggestions for the use of a stadiometer for height measurements:**
 - a. Check to see that the stadiometer is flat and level on the floor.
 - b. Check to see that the measure indicator is 90 degrees and tight to the measuring rod.
 - c. Check to see that the lowest measure is at 0 on the floor or platform.
 - d. All measurements are to be to the inch. Any measurement over the inch mark is to be recorded to the next succeeding inch. No fractions are to be recorded.

F. **CIF Wrestling Weight Management Program**

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment.

The CIF will utilize the NWCA Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

1. **Establishing Certified Minimum Weights**

- a. For all initial assessments, Bioelectrical Impedance will be the only method utilized to determine each wrestler's body fat percentage. Refractometers will be utilized to determine hydration levels through analysis of urine. Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a CIF Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and it appears on the school's NWCA Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- b. 1% Variance: The formula incorporated by the NWCA for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).
- c. The lowest weight class at which a wrestler may compete will be determined as follows:
 - (i) If the certified minimum weight, at 7% or 12% body fat, is exactly that of one of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
 - (ii) If the certified minimum weight, at 7% or 12% body fat, is greater than one of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

2. **Time Period for Assessments**

- a. No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school NWCA Pre-Match Weigh-In Form and Alpha Master Report.
- b. The specific gravity of the urine, as determined by a refractometer analysis, will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the body fat assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours in order to be retested.
- c. Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.

Hardship Exceptions

Appeals may be submitted to the CIF Section office for the following two exceptions only:

- (i) Assessment Exception One: A student under doctor's care may be assessed after January 15 before the student competes or within seven days, whichever comes first, following the student's release from the doctor.
- (ii) Assessment Exception Two: A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven days, whichever comes first, following the student becoming scholastically and/or residentially eligible.
- d. A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

3. **School Responsibilities for the Measurement Process**

- a. It is the school's responsibility to contact and contract with a CIF Certified Assessor from the list provided by the CIF or attend a CIF Section sponsored regional testing clinic.
- b. Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time

of assessment:

- (i) Bioelectrical Impedance Assessment Data Forms.
 - (ii) Plastic collection cups to conduct urine specific gravity tests.
 - (iii) Two adults (teacher, AD, parent, etc.) who will:
 - (a) Assist with measuring height (in feet and inches);
 - (b) Assist with the recording of data;
 - (c) Assist with urine specific gravity testing.
- c. Bioelectrical Impedance assessments shall not be conducted by any active wrestling coach at any level.

4. **Wrestlers Below 7% or 12% Body Fat**

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate CIF Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four required signatures, has been received by the appropriate CIF Section office. The waiver weight class is valid for one season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

5. **Growth Allowance**

The NFHS Wrestling Rules provide a two-pound growth allowance on January 15 of each wrestling season.

6. **Weight Loss per Week**

- a. An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- b. The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.
- c. A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

- NOTE:**
- (i) A wrestler shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
 - (ii) If a wrestler weighs in one weight class below his/her lowest allowable weight class per his/her NWCA Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two weight classes listed for that day on his/her NWCA Pre-Match Weigh-In Form.
 - (iii) If a wrestler weighs in two or more weight classes below his/her lowest allowable weight class per his/her NWCA Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
 - (iv) If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her NWCA Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

PENALTY: Failure to adhere to these bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

7. **Appeal of Assessment Results**

- a. Any athlete may appeal his/her initial assessment results one time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the CIF Section Office prior to allowing the challenging athlete to compete.
- b. The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):

STEP 1: The athlete shall repeat the assessment as described in the regulation.

 - (i) The reassessment shall occur within 14 calendar days of the initial assessment date unless a

written extension is granted by the CIF Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of the initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

(ii) Data shall be recorded on the Bioelectrical Impedance Assessment Data Form.

(iii) Reassessment includes hydration and Bioelectrical Impedance assessment.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

(i) The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the CIF Section before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.

(ii) Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the CIF Section Office.

(iii) Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

PENALTY: A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

8. **Costs**

- a. All costs incurred for initial assessment, appeal process, nutrition education program, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.
- b. Charges for Bioelectrical Impedance assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- c. CIF Certified Assessors are permitted to charge mileage at the CIF adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six subjects are to be assessed on any given date.

9. **Training the Assessor**

- a. Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- b. Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- c. The assessor will attend a training session and annual update certification.
- d. The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.
- e. The assessor certification training will consist of a minimum of two hours of training (classroom and practical training).
- f. A certification training fee will be charged to each assessor candidate attending the training program.
- g. **Recertification**
 - (i) The CIF State Office will conduct annual recertification clinics for a minimum of one CIF Head Master Assessor from each CIF Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local CIF Section.
 - (ii) CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
 - (iii) Recertification of CIF Certified Assessors will require a minimum of one-hour training.
- h. **Data Collection**
 - (i) The CIF will provide the reporting forms.
 - (ii) The assessor will conduct all Bioelectrical Impedance measurements.

- (iii) The assessor will provide the supplies to conduct the urine specific gravity test.
- (iv) The assessor will be responsible for posting all wrestler data to the NWCA web site within 72 hours after the initial assessment is made.
- (v) Failed urine tests will not be reported to the CIF.

(Revised May 2007 Federated Council)

G. Communicable Disease Precautions for Wrestling

1. National Federation Rule 4-2-3 requires a physician's clearance before each match of a wrestler who has been infected. Specifically, it states "covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."
2. In the case of a suspected case or ringworm, the principal should notify the parent or guardian in writing.
3. Further precautions include providing a shampoo like Selsun Blue, one towel per student, dry feet thoroughly after showering, and mop down the mat after each bout. The uniform and kneepads must be washed after each use. Swab clean all headgear with a disinfectant.

**Score your games,
manage your team,
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All in one place.**

**SCOREBOOK
LIVE**

Official digital content provider of the CIF

Save time reporting scores

We send your scores everywhere they need to go, so you'll never have to submit more than once.



Engage your fans

Now your fans can follow your team just like they follow the pros: in real-time.

Free team websites

Once you claim your team you get a free website that is customizable and always up-to-date.



Russell White

Crespi Boys Basketball Coach

"We have used Scorebook Live for both our football and basketball teams the last four years and it has become a product that we trust and our fans rely on."



PART XIII

BYLAWS:

FINANCES

AAA ADMISSION PRICES

VARSITY BASKETBALL/FOOTBALL/SOCCER/VOLLEYBALL

	<u>LEAGUE GAMES</u>	<u>SEMI- FINALS</u>	<u>FINALS</u>
Adults	\$5.00	\$5.00	\$7.00
High/Middle School Students with SBC	\$3.00	\$3.00	\$5.00
Same Sport Athletes (See Policy Statement A)	\$3.00	\$3.00	\$1.00
Children 5 th Grade and Under	\$0.00	\$0.00	\$0.00
Players on Eligibility List	\$0.00	\$0.00	\$0.00
Team Managers (no more than 5)	\$0.00	\$0.00	\$0.00

FROSH-SOPH/JUNIOR VARSITY BASKETBALL

	<u>LEAGUE GAMES</u>	<u>SEMI- FINALS</u>	<u>FINALS</u>
Adults	\$0.00	\$0.00	\$5.00
High/Middle School Students with SBC	\$0.00	\$0.00	\$3.00
Children 5 th Grade and Under	\$0.00	\$0.00	\$0.00
Players on Eligibility List	\$0.00	\$0.00	\$0.00
Team Managers (no more than 5)	\$0.00	\$0.00	\$0.00

VARSITY TRACK/WRESTLING

	<u>LEAGUE GAMES</u>	<u>SEMI- FINALS</u>	<u>FINALS</u>
Adults	\$0.00	\$0.00	\$7.00
High/Middle School Students with SBC	\$0.00	\$0.00	\$5.00
Same Sport Athletes (See Policy Statement A)	\$0.00	\$0.00	\$1.00
Children 5 th Grade and Under	\$0.00	\$0.00	\$0.00
Players on Eligibility List	\$0.00	\$0.00	\$0.00
Team Managers (no more than 5)	\$0.00	\$0.00	\$0.00

SPIRIT SQUAD/CHEER

	<u>LEAGUE GAMES</u>	<u>SEMI- FINALS</u>	<u>FINALS</u>
Adults	NA	NA	\$7.00
High/Middle School Students with SBC	NA	NA	\$5.00
Same Sport Athletes (See Policy Statement A)	NA	NA	\$1.00
Children 5 th Grade and Under	NA	NA	\$0.00
Players on Eligibility List	NA	NA	\$0.00
Team Managers (no more than 5)	NA	NA	\$0.00

NOTE, above prices are maximum amount that can be charged for the event listed.

POLICY STATEMENT AAA PLAY-OFF PASSES

- A. **Athlete Pass**
For play-off and championship games non-participating players who competed in that sport during the league, may purchase a special \$1.00 advance sale ticket provided the athletic director or coach contacts the Athletic Office and purchases the ticket one day in advance of the event. These tickets will not be on sale at the gate.
- This applies only to those athletes who were eligible and competed in their sport, and only for that sport's championship event.
- B. **Coach Pass**
Provides admission to any AAA event.
- C. **Administrative Pass**
Provides admission to any AAA event and their guest.
- D. **Media Pass**
Provides admission to any AAA event for press coverage
- E. **Supervision Pass**
Provides admission to any AAA event with the understanding that the individual is supervising the spectator section for their school.
- F. **AAA Life Pass**
Provides admission to any AAA event and their guest.
- G. **CIF Pass**
Provides admission to any AAA and any CIF event and their guest.

VARSITY SPIRIT

Your #1 CHEER Resource in California



Leadership

- The cheer camps and clinics **partner of the CIF.**
- All squads at camp participate in the Varsity Spirit/NFHS Squad Credentialing Program- a comprehensive training that ensures cheerleaders understand their role as a cheerleader, including leadership on their teams and in their schools and community.



OFFICIAL CHEERLEADING
TRAINING PARTNER
of the CALIFORNIA INTERSCHOLASTIC
FEDERATION



Cheerleading as a Sport

Varsity Spirit has the tools to help your school successfully add, understand and thrive under the new **Competitive Sport Cheer (CSC - STUNT)** and **Traditional Competitive Cheer (TCC)** Classifications. We offer camps, clinics and coaches education for all disciplines of cheerleading!



Cheerleading Safety

- Most comprehensive coaches' education and hands-on safety training available.
- Coaches who attend a Varsity Spirit Overnight Camp also receive \$1 million in secondary Liability Insurance for the school year.
- Instructors are chosen from the nation's top college programs and are 100% AACCA safety certified.



Your One Stop for
All Cheerleading
Apparel

- Varsity Spirit is the **official provider** of cheer uniforms, practice/camp wear and accessories of the CIF.
- Varsity Spirit uses the highest quality materials in every piece your cheerleaders need to represent your school year round.
- Each school has a **local** Varsity Spirit Fashion Rep as a resource for all of your needs throughout the year!



VARSITY SPIRIT BRANDS

Travis Neese
WEST REGIONAL MANAGER
tneese@varsity.com
800.566.7848

PART XIV

BYLAWS:

ENCLOSURES

San Francisco Unified School District
 AAA Athletic Office
 555 Portola Drive, Bungalow 2
 San Francisco, CA 94131

Interview Application for Coaching Athletic Teams

Position (Sport):	School:	Date:
-------------------	---------	-------

Name:	Ethnicity:
Last First Middle(Maiden)	Paid _____ Volunteer _____

Address:	Home Phone:
Number Street City Zip	Cell Phone:
Birth date:	Social Security#:
Month Day Year	Driver's License #:
Employer:	How Long:
Supervisor:	Work Phone:

Education:

	Name	Location (City/State)	Degree	Grad. Date
Jr., Hi./Middle				
Sr. High				
Jr. College				
College/University				
Post Graduate				

Major: _____ Minor: _____ Ed. Credential: Yes No

Have you ever been convicted of a felony or misdemeanor, or due you currently have a felony or misdemeanor charge pending? Convictions include plea of guilty, nolo contendere (no contest) and/or finding of guilty by a judge or a jury. Yes No

If "Yes", list all convictions including, but not limited to, convictions for "driving under the influence," and convictions for sex and/or drug offenses listed in California Education Code Sections 44010 and 44011. Include any serious or violent felony convictions in any state or jurisdiction as enumerated in California Penal Code sections 667.6(c) and 1192.7(c):

 Applicant's Signature, attesting under penalty of law that all information provided above is accurate.

COACHING APPLICATION (Page 2)

NAME _____ SCHOOL _____

Emergency training required certificates: (All Coaches unless otherwise indicated)

- First Aid Certification (American Red Cross or other accredited association)
 CPR Certification (American Red Cross, American Heart Assoc., or other accredited assoc.)
 Concussion Training Certification (NFHS or other accredited assoc.)
 Sudden Cardiac Training Certification (NFHS or other accredited assoc.)
 Heat Illness Prevention Certification (NFHS or other accredited assoc.)
 Blocking/Tackling/Equipment Fitting & Heat Illness Prevention (NFHS) (Football Coaches)
 Lifeguard, Water Safety Instructor, or Swim Coach Safety Cert. (Swimming Coaches)
 Spirit Safety Training Certification (AACCA) (Cheer Coaches)

Human Resources Requirements: (All Coaches)

- TB Test (Negative Result within last four years-copy of results must be sent in)
 Fingerprinting (Must be done through SFUSD HR Dept.)

Coaching Education Requirements: (High School Coaches)

- ASEP or NFHS (Required after first year of paid coaching)
 ASEP/NFHS Waiver (First year paid coaches only)

Coaching theory and techniques in the sport being coached, evidenced by: (Paid Coaches)

- Prior services as an assistant athletic coach in the sport to be coached
 Program Name _____
 Prior work in a community youth athletic program
 Program Name _____
 Completion of a college level course in coaching theory and the techniques of sport:
 College/University _____
 Prior participation in organized competitive athletics at the high school level or above:
 High School/College _____ Sport _____

Knowledge of the rules and regulations pertaining to the sport being coached, the A.A.A. league rules, and regulations of the California Interscholastic Federation: (All Coaches)

- Verification by Athletic Director

Adolescent Psychology as it is related to participation in sports, evidenced by one of the following: (Paid Coaches)

- Successful completion of a college level course in adolescent psychology
 College _____ Title of Course _____
 Prior active involvement with youth in a school or community sports program
 Program _____
 Completion of a seminar on human growth and development of youth
 Program _____ Title of Course _____

Letter of Reference in sport to be coached: (Optional)

Name _____ Association _____

(Please check appropriate items)

DATE: _____

TO: ATHLETIC OFFICE

FROM: _____, ATHLETIC DIRECTOR

RE: NEW HIRE COACH

With this fax and attached documentation, please be informed that we have tendered an offer to the below listed individual as a coach for the sport indicated for the upcoming season. We feel this person is reliable and knowledgeable of the sport for which they will be coaching. He/She has been advised of the rules and regulations for coaching in the AAA. Please process the necessary paperwork and advise us when clearance has been issued. Thank you for your assistance.

School: _____

Paid: _____

Sport: _____

Volunteer: _____

Coach: _____

(Signature) Principal

(Signature) Athletic Director

(Please copy onto your school's letterhead)

TO: Donald C. Collins, Commissioner of Athletics

FROM: _____, Principal

_____, School

DATE: _____

RE: **Waiver of ASEP/NFHS Requirement**

Name of Coach Seeking Waiver: _____

Sport Coached: _____

Please grant a waiver of the American Sport Education Program (ASEP)/NFHS requirement to the above named coach. The coach seeks a one-time exemption of the requirement as a first time, first year high school athletic coach.

The coach understands that any waiver you grant is only good for one season of sport and that he/she is required to pass an ASEP or NFHS certification course prior to coaching any future high school team(s) in California. My athletic director will provide information about obtaining ASEP/NFHS training to this coach to ensure that he/she meets this requirement should he/she intend to coach high school sports in the future.

Thank You,

_____, Principal
(signature required)

(Please copy onto your school's letterhead)

CHILD ABUSE: INFORMATION ON REPORTING REQUIREMENTS FOR ATHLETIC COACHES

Responsible coaches care about the welfare of students, both on and off the field of play. All District coaches and assistants, paid or volunteer, are mandated reporters of suspected child abuse or neglect, whether physical, sexual or emotional. This reporting obligation applies whether the suspected child abuse concerns an athlete or a non-athlete.

Any coach who reasonably suspects that a child is being abused or neglected is required to immediately report that suspicion to the Child Protective Services agency at 800-856-5553, and to file a written report with the agency as soon as possible, but no later than 36 hours later. The failure to appropriately report suspected child abuse is grounds for termination of a coach, in addition to other discipline and possible personal legal liability.

Child abuse reporting forms are available at http://ag.ca.gov/childabuse/pdf/ss_8572.pdf, and in the Athletic Office. Coaches are encouraged to inform the principal of their assigned school site of any reports of suspected abuse involving students at the school.

Questions about your legal and ethical obligation to report suspected child abuse should be directed to the Athletic Office.

SFUSD CODE OF ETHICS FOR COACHES

Athletics is an integral part of the school's total education program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social, and moral development of its students. It is within this context that the following code of ethics is presented.

As an athletic coach, I understand that it is my responsibility to:

1. Show respect for players, officials, and other coaches.
2. Respect the integrity and judgment of game officials.
3. Establish and model fair play, sportsmanship, and proper conduct.
4. Establish player safety and welfare as the highest priority.
5. Provide proper supervision of students at all times.
6. Use discretion when providing constructive criticism and when reprimanding players.
7. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
8. Instruct players in the safe use of equipment.
9. Insure that no pressure is placed on teachers to pass or to raise marks of athletes.
10. Establish a climate wherein a student's decision to enroll in an athletic program at a postsecondary educational institution is not prejudiced by coaches or other school personnel.
11. Encourage athletes to take appropriate academic courses and to strive for the highest possible level of scholastic achievement.
12. Discourage any athlete from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States of American Medical Association.
13. Observe professional ethics and avoid recruitment of athletes from schools/service areas.
14. Follow the rules of behavior and the procedures for crowd control as established by the local Board of Education and the league in which the district participates.
15. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
16. Meet obligations as a mandatory reporter of suspected child abuse or neglect, whether physical, sexual or emotional where I have a reasonable suspicion that a child is being abused or neglected.

I have read and understand the above and will abide by these requirements.

Coach Name _____ **Signature** _____ **Date** _____

SFUSD

BACKGROUND CHECK PROCEDURE FOR ATHLETIC COACHES

In compliance with the directive from Human Resources, all coaches, whether volunteer or assigned, must have background clearance approval prior to contact with SFUSD students. This includes both fingerprinting and a TB test.

**Athletic Director, please have your coach schedule a fingerprint appointment at the following website:
www.meetme.so/sfusd.**

Name of Coach: _____

Sport(S) Coached: _____

School: _____

Home phone: _____

Work phone: _____

Social Security Number: _____

Volunteer Paid Head Coach Assistant

Prospective coach is a certificated SFUSD teacher.

Prospective coach is a classified SFUSD employee.

Signature required (either principal or athletic director):

Principal/Athletic Director _____

Date of request _____

Please fax this to the Athletic Office at 920-5189 along with other New Hire Coach paperwork.

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(Note: This form is to be filled out by the patient and parent prior to seeing the physician.)

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

In case of emergency, contact:		
Name _____	Relationship _____	Phone _____
Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking _____		
Do you have any allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, please identify specific allergy below.		
<input type="checkbox"/> Medicines	<input type="checkbox"/> Pollens	<input type="checkbox"/> Food <input type="checkbox"/> Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			43. Have you had any problems with your eyes or vision?		
BONE AND JOINT QUESTIONS	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			FEMALES ONLY		
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ (_____ / _____)	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) ^b		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic ^c		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.

^bConsider GU exam if in private setting. Having third party present is recommended.

^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____
- Not cleared
- Pending further evaluation
- For any sports
- For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

**SAN FRANCISCO UNIFIED SCHOOL DISTRICT ATHLETIC OFFICE
VOLUNTARY ACTIVITY PARTICIPATION PARENT/GUARDIAN CONSENT FORM
ACKNOWLEDGMENT AND ASSUMPTION OF POTENTIAL RISK**

My student, _____, wishes to participate in the sport of _____,
an athletic activity at _____ School, that is sponsored by the San Francisco Unified School District
("District").

I understand and acknowledge that athletic activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that some of the injuries/illnesses which may result from participating in athletic activities include, but are not limited to, the following:

- | | |
|------------------------------|--------------------------|
| 1. Sprains/strains | 5. Paralysis |
| 2. Fractured bones | 6. Loss of eyesight |
| 3. Unconsciousness | 7. Communicable diseases |
| 4. Head and/or back injuries | 8. Death |

I understand and acknowledge that participation in athletic activities is completely voluntary and as such is not required by the District.

I understand and acknowledge that in order for my student to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by my student which is incident to and/or associated with preparing for and/or participating in such activities.

I give my consent for my son/daughter to compete in the sport of _____. In case of illness or injury, I give my consent for the head coach or site administrator to have my student examined and treated, and I authorize the medical agency/licensed physicians engaged in providing medical services to render treatment. I consent to allow the medical agency/licensed physicians engaged in providing medical services to my student to share medical information about my student with District staff to the extent that doing so is necessary to allow District staff to make a decision about my student's participation in an activity. I also consent to permit access to the contents of this form and my son/daughter's physical examination form to the medical agency/licensed physicians engaged in providing medical services to my student.

I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES PARTICIPATION PARENT/ GUARDIAN CONSENT FORM, and that I understand and agree to its terms.

Parent/Guardian Signature

Date

PRINT NAME of Parent/Guardian

Telephone Number

Address

City, State, Zip Code

Family Doctor's Name

Phone # of Family Doctor

Preferred Hospital – in case of emergency

Student Signature

Date

If the student has health or accident insurance, please list company name, policy number and local claims address:

Company Name

Policy #

Claims Address

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

As many as
1 in 4
PEOPLE*



receiving prescription opioids long term in a primary care setting struggles with addiction.

* Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

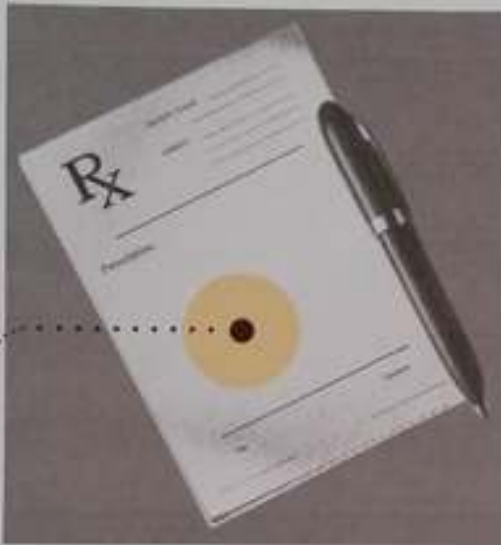


American Hospital
Association

KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.



Be Informed! ←

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.



IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- Never take opioids in greater amounts or more often than prescribed.
- Follow up with your primary health care provider within days.
 - Work together to create a plan on how to manage your pain.
 - Talk about ways to help manage your pain that don't involve prescription opioids.
 - Talk about any and all concerns and side effects.
- Help prevent misuse and abuse.
 - Never sell or share prescription opioids.
 - Never use another person's prescription opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou).
- Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.



CIF SAN FRANCISCO SECTION
SAN FRANCISCO UNIFIED SCHOOL DISTRICT
 ATHLETIC OFFICE
 555 Potrero Drive, Bungalow 2
 San Francisco, CA 94131
 Office: (415)920-5185

SFUSD Athletics/CIF San Francisco Section Opioid Information Fact Sheet Acknowledgement

California law requires students and their parents to receive a copy of the US Center for Disease Control's Opioid Factsheet in order to participate in athletics. By signing this acknowledgement sheet, you acknowledge that you have received the Factsheet.

 Student-athlete Name Printed

 Student-athlete Signature

 Date

 Parent or Legal Guardian Printed

 Parent or Legal Guardian Signature

 Date

**SFUSD ATHLETIC OFFICE/CIF SAN FRANCISCO SECTION
CONDITIONS OF PARTICIPATION FOR STUDENT ATHLETES
STEROID POLICY**

The San Francisco Unified School District ("SFUSD") recognizes that the use of androgenic/anabolic steroids presents a serious health and safety hazard. Steroids can keep youth from growing to their full height; they can also cause heart disease, stroke, and damaged liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use or exchange of androgenic/anabolic steroids.

As a condition of membership in the CIF, all schools must adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools must have participating students and their parents/legal guardians/caregivers agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

Students participating in athletics are prohibited from possessing or using androgenic/anabolic steroids not prescribed by a physician (as recognized by the AMA) for treatment of a medical condition, whether use occurs on or off of school property. By signing below, both the participating student and the parent/legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician to treat a medical condition. A student who is found to have violated this agreement shall be restricted from participating in athletics and may be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, Board policy, and administrative regulation.

 Student Signature

 Date

 Parent/Guardian/Caregiver Signature

 Date

SFUSD Athletics/CIF San Francisco Section

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

SFUSD Athletics/CIF San Francisco Section
Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

**SFUSD ATHLETICS/CIF SAN FRANCISCO SECTION
SUDDEN CARDIAC ARREST INFORMATION SHEET**

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating and the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the number two cause of death under 25 and the number one killer of student athletes.

TREATMENT – make this a sidebar of the cardiac chain of survival from our brochure

What is an AED? – another sidebar or color box

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

Potential Indicators That SCA May Occur

- racing or fluttering heart palpitations or irregular heartbeat
- dizziness or lightheadedness
- fainting or seizure, especially during or right after exercise
- fainting repeatedly or with excitement or startle
- chest pain or discomfort with exercise
- excessive, unexpected fatigue during or after exercise
- excessive shortness of breath during exercise

Factors That Increase the Risk of SCA

- family history of known heart abnormalities or sudden death before age 50
- specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- family members with unexplained fainting, seizures, drowning or near drowning or car accidents

- known structural heart abnormality, repaired or unrepaired
- use of drugs, such as cocaine, inhalants, “recreational” drugs, excessive energy drinks or performance-enhancing supplements

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any of the above symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor’s feedback before returning to play, and alert your coach, trainer and school nurse about any unresolved conditions.

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from a play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student’s sports program.

_____	_____	_____
Student-Athlete Signature	Print Student-Athlete’s Name	Date

_____	_____	_____
Parent/Guardian Signature	Print Parent/Guardian’s Name	Date

For more information about Sudden Cardiac Arrest visit:
 California Interscholastic Federation. www.cifstate.org
 Eric Paredes Save A Life Foundation: www.epsavealife.org
 CardiacWise (20-minute training video). www.sportsafetyinternational.org

Parent/Student CIFSF/SFUSD Athletics Heat Illness Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about Heat Illness because of California state law AB 2500 (effective January 1, 2019), now Education Code § 49475:

1. *The law requires a student athlete who has been removed from practice or play after displaying signs and symptoms associated with heat illness must receive a written note from a licensed health care provider before returning to practice.*

2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), heat illness (AB 2500) as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is Heat Illness and how would I recognize it?

Exercise produces heat within the body and can increase the player's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high.

Heat Illness occurs when metabolically produced heat combines with that gained from the environment to exceed the heat and large sweat losses. Young athletes should be pre-screened at their pre-participation physical exam form education/supplement use, cardiac disease, history of sickle cell trait, and previous heat injury. Athletes with any of these factors should be supervised closely during strenuous activities in a hot climate. Fatal heat stroke occurs most frequently among obese high school middle linemen.

Much of one's body heat is eliminated by sweat. Once this water leaves the body, it must be replaced. Along with water loss, many other minerals are lost in the sweat. Most of the commercial drinks now available contain these minerals, such as Gatorade, etc., but just plain water is all that is really required because the athlete will replace the lost minerals with his/her normal diet.

PREVENTION: There are several steps which can be taken to prevent heat illness from occurring:

ADEQUATE HYDRATION The athlete should arrive at practice well-hydrated to reduce the risk of dehydration. The color of the urine can provide a quick guess at how hydrated the athlete. If the urine is dark like apple juice means the athlete is dehydrated. If the urine is light like lemonade in color means the athlete seems adequately hydrated.

Water or sports drinks should be readily available to athletes during practice and should be served ideally chilled in containers that allow adequate volumes of fluid to be ingested.

Water breaks should be given at least every 30-45 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid.

Athletes should be instructed to continue fluid replacement in between practice sessions.

GRADUAL ACCLIMATIZATION: Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes' time to build fitness levels and become accustomed to practicing in the heat.

Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully uniform).

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at <https://nfhslearn.com/courses/61140/heat-illness-prevention>.

Parent/Student CIFSF/SFUSD Athletics Heat Illness Information Sheet

HEAT EXHAUSTION: Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

• Dizziness, lightheadedness, weakness	• Profuse sweating
• Headache	• Cool, clammy skin
• Nausea	• Hyperventilation
• Diarrhea, urge to defecate	• Decreased urine output
• Pallor, chills	

Treatment: Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible. The athlete should be referred to a hospital emergency if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE: Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

Warning Symptoms:

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Treatment: Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

<i>Signs observed by teammates, parents and coaches include:</i>	
• Dizziness	• Weakness
• Drowsiness, loss of consciousness	• Hot and wet or dry skin
• Seizures	• Rapid heartbeat, low blood pressure
• Staggering, disorientation	• Hyperventilation
• Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)	• Vomiting, diarrhea

Final Thoughts for Parents and Guardians:

Heat stress should be considered when planning and preparing for any sports activity. Fall sports are conducted in very hot and humid weather in many parts of the California. Many of the heat problems have been associated with football, due to added equipment which acts as a barrier to heat dissipation. Several heatstroke deaths continue to occur each season in the United States. There is no excuse for heatstroke deaths if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about possible heat illness signs and symptoms that you may be seeing in your child.

I acknowledge that I have received and read the Heat Illness Information Sheet.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian Name
Printed

Parent or Legal Guardian
Signature

Date

**CIF SAN FRANCISCO SECTION
INCIDENT REPORT**

ATTENTION GAME OFFICIALS: The SFS has high expectations of players, coaches, and fans regarding sportsmanship like behavior. In order to monitor these expectations, we need your assistance. This form is required to be completed and returned to your Commissioner of Officials in the event of any disqualification, penalty for flagrant unsportsmanlike conduct, "bench fouls" or other mis-conduct of a serious nature committed by anyone associated with a contest you officiate. It is also our expectation that you vigorously enforce all rules related to player and coach behavior.

This form may also be used to report unsafe conditions of a facility, lack of cooperation or concern, or other incidents which in your opinion merit the attention of your commissioner of Officials, school authorities, of the SFS Commissioner. Thank you for your assistance.

Sport _____ Classification _____ Date _____

School _____ vs School _____ Location _____

School involved with incident _____ Player I.D. _____

Circle one or more:	Disqualification	Flagrant Unsportsmanlike like		
	"Bench Foul"	Spectator Interference		
	Unsafe Facility	Lack of Cooperation/Concern		
	Other			

Player Behavior: (Circle) Comment _____	Cooperative	Courteous	Abusive	Sarcastic
	Hostile	Profane Other		

Coach Behavior: Circle Comment _____	Cooperative	Courteous	Abusive	Sarcastic
	Hostile	Profane Other		

Was an administrator at the contest? YES NO UNKNOWN

If yes, was the administrator aware of the incident? YES NO UNKNOWN

Have you had a similar incident with this school previously? YES NO UNKNOWN

Describe the incident _____

Officials Signature

Daytime number

Date

Return all copies of this report to your Supervisor of Officials immediately.

Distribution:	Commissioner of Athletics/CIF SF Section	Don C. Collins, Commissioner
	School Principal	555 Portola Drive, Bungalow 2
		San Francisco, CA 94131

NON-LEAGUE GAME & SCRIMMAGE SCHEDULE

School

Sport (boys, girls, varsity, f/s)

Date

Game	Date	Time	Home	Visitor	Location
01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					
13					
14					
15					
16					
17					

*** Please put an asterisk to indicate a scrimmage.**

This form is due in the CIF San Francisco Section prior to the first scheduled scrimmage or practice game.

Schools should submit a form for each sport in which they field a team. Where a team is not playing any non-league games or scrimmages, the school should submit a form stating that no non-league games are scheduled.

Athletic Director's Signature

SFUSD/CIF SAN FRANCISCO SECTION ATHLETIC OFFICE
555 PORTOLA DRIVE, BUNGALOW 2
SAN FRANCISCO, CA 94131
Phone - 415-920-5185
Fax – 415-920-5189
Website – www.cifsf.org

(school name)

GAME CONTRACT FORM

This Contract is made and subscribed to by the Principals and Athletic Directors or Coaches of

_____ High School _____, CA

And

_____ High School _____ (city) _____ (state)

For _____ Game(s) in _____ to be played as follows:
(number) (sport)

Site	Date	Time	Remarks
_____	_____	_____	_____
_____	_____	_____	_____

These contests will be played under the following stipulations:

- The Constitution and the Rules and Regulations of the California Interscholastic Federation (CIF) will be followed in all contests.
- Officials from the _____ Association will be used.
- Financial Agreement: The host school shall retain the entire amount of the gate receipts and shall pay the game officials and any other expenses incurred for the said contest.
- Forfeiture Clause: If this contract is broken by either party, said party shall forfeit the sum of \$100, and said party shall also make payment for the amount of the officials' fees if the contract is broken less than 48 hours prior to the start time of the game.
- Special Stipulations: This contract shall become null and void if: (a) either party to the contract has its CIF membership suspended or terminated; (b) if an out of state party to this contract has its membership suspended or terminated by the high school governing body of its state; (c) if either party to the contract shall use or propose to use as a member of its team any student who is ineligible in accordance with the regulations of its state governing body.

For _____ High School

For _____ High School

(Principal)

(Principal)

(Coach or Athletic Director)

(Coach or Athletic Director)

(Date)

(Date)

AAA ELIGIBILITY INQUIRY FORM

DATE: _____ SCHOOL: _____

TO: Your Principal _____

Principal of school being challenged _____ School _____

FROM: Coach _____ Sport _____ Home Phone _____

RE: ATHLETIC ELIGIBILITY

For the following reasons an inquiry is requested regarding the eligibility of:

Athlete in question _____

School _____

Coach of that sport _____

Please state reasons for inquiry:

1. _____

2. _____

3. _____

Supporting documentation and references:

1. _____

2. _____

3. _____

Athletic Director's Signature

Coach's Signature

Sending Principal's Signature

cc: Commissioner of Athletics



APPLICATION FOR RESIDENTIAL ELIGIBILITY

For more information see "Understanding Transfer Eligibility for Parents' Handbook at www.cifstate.org FORM 207/208/510



****SUBMIT TO: CIF San Francisco Section, 555 Portola Drive, Bungalow 2, San Francisco, CA 94131.**

****NOTE: ALLOW 20 BUSINESS DAYS FOR INVESTIGATION AND REVIEW OF COMPLETE APPLICATIONS. AT THE TIME OF FILING THIS DOCUMENT, SUBMIT ALL KNOWN FACTS AND/OR DOCUMENTS. ADDITIONAL FACTS SUBMITTED LATE MAY NOT BE CONSIDERED BY THE COMMISSIONER.**
(*Parent/student/family complete page one, #s 1-8, 10-11 and page two, questions 1, 2 or 3, attach any statements and give to the enrolling school athletic administrator for routing to the former school. Former school will complete #s 9, 13 and 14, forwarding back to the enrolling school for completion of #15 and submission to the San Francisco Section Office for review and ruling on the student's eligibility.)

Circle one:

1. STUDENT'S NAME _____ DATE OF BIRTH ____/____/____ 9 10 11 12
(yr in school)

2. CURRENT ADDRESS _____ PHONE (____) _____
(city/state) (zip) (area code)

3. FORMER ADDRESS _____
(city/state) (zip)

4. TRANSFER FROM _____ HIGH SCHOOL TO _____ HIGH SCHOOL
(previous school name) (new school name)

5. LIST IN CHRONOLOGICAL ORDER ALL OTHER HIGH SCHOOLS THIS STUDENT HAS ATTENDED SINCE THEY FIRST ENROLLED IN THE 9 TH GRADE AT ANY TIME:	Previous School(s)	Enrollment Dates
	Attended	(mo/day/year) To (mo/day/year)
1. _____	Attended From: _____	To: _____
2. _____	Attended From: _____	To: _____
3. _____	Attended From: _____	To: _____

If this student is returning to their previous school please include the dates of that previous enrollment as well)

6. APPLICATION MADE UNDER THE FOLLOWING: (Please check next to the one (only one) for which you are applying):

- APPLICATION FOR NON DISCIPLINARY TRANSFER WITH NO PARTICIPATION IN ANY SPORTS AT ANY LEVEL IN THE PREVIOUS 12 MONTHS—BY-LAW 207B.1, OR MEET THE PARAMETERS OF BY-LAW 207.B.5 a-d.
- RETURN TO PREVIOUS SCHOOL WITHOUT PARTICIPATION AT THE FORMER SCHOOL
- APPLICATION FOR TRANSFER LIMITED ELIGIBILITY ONLY---BY-LAW 207.B
- FIRST TIME TRANSFER WHO IS APPLYING FOR THE SIT OUT PERIOD PROVISION – BY-LAW B.5.b. Student shall remain out of any competition at any level in each sport in which they competed in the last twelve months.
- APPLICATION FOR TRANSFER HARDSHIP VARSITY ELIGIBILITY EXCEPTION BYLAW – BY-LAW 207.B.5.c All relevant facts and documents must be submitted with this application. Check below the hardship exception the student is applying.
 - Court Ordered Transfer Children of Divorced Parents Individual Safety incidents Discontinued Program
 - Foster Children Military Service Married Status Board of Education Ruling
- APPLICATION FOR TRANSFER IN A CIF-APPROVED FOREIGN EXCHANGE PROGRAM: _____
(name of program-CIF Bylaw 208)
- Name of Public High School in which attendance area the host family resides _____
- APPLICATION FOR TRANSFER FROM A FOREIGN COUNTRY NOT IN A CIF-APPROVED EXCHANGE PROGRAM – BY-LAW 207.B.4
International students must include under #8 any organized sports program (e.g. youth teams, community teams, club teams, national teams at any level or individualized instruction for competition in development schools or programs) in which the student competed or participated.

7. PLACE A CHECK MARK IN FRONT OF EACH SPORT IN WHICH YOU COMPETED IN AN INTERSCHOLASTIC SPORT CONTEST AT ANY LEVEL DURING THE 12 MONTHS PRECEDING THE TRANSFER FROM YOUR PREVIOUS SCHOOL. INTERNATIONAL STUDENTS MUST ALSO INCLUDE OUTSIDE SCHOOL ACTIVITIES, CLUB, COMMUNITY, YOUTH TEAMS, NATIONAL TEAMS OR INDIVIDUALIZED INSTRUCTION IN DEVELOPMENT SCHOOLS OR PROGRAMS:

This includes all practice games, pre-season games, league games, playoff games etc.!

<input type="checkbox"/> BADMINTON	<input type="checkbox"/> BASEBALL	<input type="checkbox"/> BASKETBALL	<input type="checkbox"/> CROSS COUNTRY	<input type="checkbox"/> FIELD HOCKEY	<input type="checkbox"/> FOOTBALL
<input type="checkbox"/> GOLF	<input type="checkbox"/> GYMNASTICS	<input type="checkbox"/> LACROSSE	<input type="checkbox"/> SKIING	<input type="checkbox"/> SOCCER	<input type="checkbox"/> SOFTBALL
<input type="checkbox"/> SWIMMING	<input type="checkbox"/> TENNIS	<input type="checkbox"/> TRACK	<input type="checkbox"/> VOLLEYBALL	<input type="checkbox"/> WATER POLO	<input type="checkbox"/> WRESTLING
<input type="checkbox"/> OTHER _____ <input type="checkbox"/> I DID NOT PLAY SPORTS AT ANY LEVEL IN THE LAST 12 MONTHS					

FORMER SCHOOL ATHLETIC DIRECTOR'S SIGNATURE AFFIRMING THE ABOVE: _____

8. STUDENT'S GPA IN THE LAST GRADING PERIOD AT THE PREVIOUS SCHOOL _____

9. CERTIFICATION OF APPLICATION: By filing this application for interscholastic athletic eligibility, I specifically authorize any and all of this student's former and current/new high schools to release all records regarding this student and to disclose to the CIF Section ("CIF") representative any information or documentation needed or requested by the "CIF" in making this eligibility determination. I authorize the "CIF" to use that information in making its decision. I understand that the "CIF" may be unable to grant athletic eligibility absent the disclosure of relevant information or documentation from this student's former or current/new high schools. I am authorized to make this request. I affirm that all of the above statements are true to the best of my knowledge. I further affirm that I understand that if subsequent to the approval of this application, it is discovered that this approval was granted under false, erroneous, inaccurate or incomplete information, severe penalties affecting the future eligibility of this student-athlete may result. (CIF By-law 202)

SIGNATURE OF PARENT/GUARDIAN

SIGNATURE OF STUDENT

DATE

Form 207/208/510 Page 2

10. FORMER SCHOOL VERIFICATION OF ELIGIBILITY *-please initial all that apply and sign below:*

YES	NO	STUDENT WAS ACADEMICALLY ELIGIBLE AT TIME OF TRANSFER	YES	NO	STUDENT MET ALL OTHER CIF ELIGIBILITY RULES AT TIME OF TRANSFER
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	STUDENT IS TRANSFERRING WITH NO DISCIPLINARY ACTION TAKEN OR PENDING			

Please Print Former School Principal's Name: _____

Former School Principal's Signature _____

Date: _____

510 PRE-ENROLLMENT CONTACT AFFIDAVIT (Bylaw 510) – #s 1, 2 and 3. Read carefully before signing!!!!

PARENT'S AND STUDENT STATEMENT'S #1 AND/OR 2, OR 3

1. SIGN IF TRUE: By signing this affidavit below, I certify that no person who is associated* with the athletic department of the enrolling (new) school (School "B"), or is part of the booster club of School "B" or who was acting on their behalf has had ANY communication, directly or indirectly, through intermediaries or otherwise with this transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of this student, prior to the completion of the enrollment process at School "B". (Sign below only if this is a true statement. If not, sign statement #3 and attach an explanation). (*Associated is defined in CIF Bylaw 510. See below!)

Parent's Signature _____ Date _____ Student's Signature _____ Date _____

2. SIGN IF TRUE: By signing this affidavit below, I certify that the student has not participated during the previous 24 months on any non-school athletic team* (i.e., AAU, American Legion, club team, etc.) that is associated* with or coached by anyone associated* with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team.) (Sign below only if this is a true statement. If not, sign statement #3 and attach an explanation). (*Associated is defined in CIF Bylaw 510 – See below!)

Parent's Signature _____ Date _____ Student's Signature _____ Date _____

(*CIF Bylaw 510 definition of Associated - Persons "associated" with a school include, but are not limited to: current or former coaches, current or former athletes, parent(s)/guardian(s)/caregiver of current or former student/athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees, coaches who become employed, active applicants for coaching positions, and persons who are employed by companies or organizations that have donated athletic supplies, equipment or apparel to that school.)

OR

3. SIGN IF EITHER #1 OR #2 ABOVE ARE NOT TRUE: I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form and be sure to include the names of any outside teams you have participated in the previous 24 months.) If the student participated on any outside teams in the previous 24 months from the date of enrollment at the enrolling school what outside teams did the student participate on?

List Teams: _____

Parent's Signature _____ Date _____ Student's Signature _____ Date _____

FORMER AND CURRENT/NEW SCHOOL 510 STATEMENTS

My signature below attests that to the best of my knowledge I have no credible** evidence of any person who is associated* with the athletic department of the new school (School "B") or who is part of the booster club of the new school (School "B") or who is acting on their behalf, having communication, directly or indirectly, through intermediaries or otherwise with the transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of the student, prior to the completion of the enrollment process. Furthermore, I am not aware of this student participating during the previous 24 months on any non-school athletic team* that is associated with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team; and the term "associated" (also listed above).)

Former School Signatures			Current/New School Signatures		
Signature of Athletic Director of former school	_____	Date	Signature of Athletic Director of new school	_____	Date
Signature of Head Coach of former school (fall)	_____ Sport _____	Date	Signature of Head Coach of new school (fall)	_____ Sport _____	Date
Signature of Head Coach of former school (winter)	_____ Sport _____	Date	Signature of Head Coach of new school (winter)	_____ Sport _____	Date
Signature of Head Coach of former school (spring)	_____ Sport _____	Date	Signature of Head Coach of new school (spring)	_____ Sport _____	Date
Signature of Principal of former school	_____	Date	Signature of Principal of new school	_____	Date

OR I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form-CHECK BELOW AND SIGN.)

_____ Date _____ _____ Date _____
 Signature of FORMER Principal unable to certify statement above Signature of NEW Principal unable to certify statement above.

**Completion of this form DOES NOT clear eligibility.
Administrators should utilize this form for all students transferring from one school to another (School "A" to School "B") as an aid in determining eligibility.**

CIFSF Eligibility Check List

Student Name: _____ Date : _____

A. Valid Change of Residence

YES NO

Was the original residence abandoned as a residence by the immediate family?		
Is the family maintaining only ONE residence?		
Did the student's entire immediate family make the change and take with them the household goods and furniture appropriate to the circumstances?		
Does the change of residence appear to be genuine, without fraud or deceit, and with permanent intent?		
Is the student living with the same family members as last year prior to the change of residence?		
If any answers above are marked no, additional investigation is required. Contact your Section Office.		
List below what evidence the school used for registration:		
SCHOOL SHALL KEEP COPIES ON FILE THAT WERE LISTED ABOVE AND USED TO DETERMINE A VALID CHANGE OF RESIDENCE.		

B. Undue Influence

	YES	NO
Did the CIF Form 510 list any Pre-Enrollment Contact by anyone connected with your school's athletic program?		
Is there any evidence of undue influence?		
Is there any evidence that the student participated for a coach at the new school on any club, travel team, sports camp, or AAU team in the past 24 months?		
Is there any substantiated evidence of athletic motivation regarding this transfer?		
Any answers marked with a YES require additional investigation. Contact your Section Office.		

C. Academic Eligibility

	YES	NO
Was the student academically eligible at his/her past school at the time of transfer?		
Did the school use the official transcript to validate grades?		
Was the student passing in the equivalent of at least 20 semester periods of work at the completion of the most recent grading period?		

D. Discipline Status

	YES	NO
Is there any evidence of pending disciplinary action at the prior school?		
Is there any evidence of pending athletic team disciplinary action at the prior school?		

E. Other Eligibility Issues

	YES	NO
Did this student play the same sport(s) during the current school year at his/her prior school?		
Is there any evidence that the student did not meet the citizenship standards at the prior school that would have denied the student athletic eligibility?		
Is this move the first move/change of residence this academic school year?		
Has the student exceeded eight consecutive semesters since enrolling in the 9 th grade?		
Did the student turn 19 years old before June 15?		

F. Section Specific Questions (San Francisco Section)

Athlete's Name _____ Grade _____ Class of _____

What year did you start high school _____ At what school _____

List Sport(s) in which you are planning to participate _____

PLEASE ANSWER THE FOLLOWING QUESTIONS:

YES

NO

- 1. Did you transfer to this school during, or immediately following, your initial enrollment in ninth grade? _____
- 2. Have you changed addresses accompanied by all of the family members you lived with at your previous address? _____
- 3. Did you have a 2.0 grade point average during the last grading period? _____
- 4. Did you have passing grades in at least two academic courses or courses required for graduation during the last grading period? _____
- 5. Are you currently enrolled in at least 20 credit hours of classes? _____
- 6. Are you currently enrolled in at least two academic courses or courses required for graduation? _____
- 7. Has your former school alleged undue influence or recruiting issues (See Form 510)? _____
- 8. Have you repeated any grades since entering the ninth grade? _____
- 9. Will you turn 19 years of age before you start your senior year of high school? _____
- 10. List your birth date: Month _____ Day _____ Year _____
- 11. Do you participate on a non-high school team in any sport at the same time you are competing on your high school team in that sport? _____
- 12. Have you already played four seasons of any one sport in high school that you are interested in playing at this school? _____
- 13. Have you practiced, tried out, or scrimmaged at any school other than the school you transferred from in the last 365 days? _____

List the full address where you live with your parents/guardians/caregiver (including number, street, city, state, and zip)

Address _____ City _____ State _____ Zip _____

Phone _____

We acknowledge and certify that all of the information above is correct and true. We understand that the falsification or misrepresentation of any of the above information to gain athletic eligibility will result in penalties to the school, the team, the individual, the conference, and the individual will be ineligible to participate in interscholastic athletic competition at any level in any sport for a period of up to 24 calendar months from the date the determination was made that false information was provided.

We further certify that there has been no undisclosed pre-enrollment contact, undue influence, or inducement by the school or anyone acting on behalf of the school (expressly or impliedly) to attend _____ High School.

Athlete's Signature Date

Parents'/Guardian's/Caregiver's Signature Date

Print name of athlete

Print name of parent/guardian/caregiver



PRE-ENROLLMENT CONTACT AFFIDAVIT
CIF FORM 510



Pre-Enrollment Contact Affidavit information is collected by the San Francisco Section on separate 206/510 and 207/208/510 combined forms. This CIF Form 510 should only be submitted if requested by the CIF San Francisco Section office.

STUDENT NAME: _____ Telephone () _____

Current Address: _____ City _____ Zip _____

Year in School (circle one): FR SO JR SR Gender (circle one): M F

FORMER SCHOOL: _____ Date Enrolled (M/D/YR): From _____ to _____

NEW SCHOOL: _____ Date Enrolled (M/D/YR): _____

Sport(s) and level of participation in the previous twelve calendar months:

Sport _____
Sport _____
Sport _____

IMPORTANT NOTE: Providing false or fraudulent information to gain athletic eligibility can lead to ineligibility of the student applicant for a period of up to 24 months and sanctions against the school's athletic program. See CIF Bylaws 202.B.
ALL STUDENTS ARE REQUIRED TO DISCLOSE ON THIS FORM ANY CONTACT OF ANY KIND WITH ANYONE ASSOCIATED WITH THE NEW SCHOOL.

PARENT'S AND STUDENT STATEMENT

By signing this affidavit below, I certify that no person who is connected with the athletic department of the enrolling (new) school (School "B"), or is part of the booster club of School "B" or who was acting on their behalf has had communication, directly or indirectly, through intermediaries or otherwise with this transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of this student, prior to the completion of the enrollment process at School "B".

Parent's Signature Date

Student's Signature Date

By signing this affidavit below, I certify that the student has not participated during the previous 24 months on any non-school athletic team* (i.e., AAU, American Legion, club team, etc.) that is associated with or coached by anyone associated with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team.)

Parent's Signature Date

Student's Signature Date

-OR-

I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form.)

Parent's Signature Date

Student's Signature Date

FORMER SCHOOL STATEMENT (School "A")

My signature below attests that to the best of my knowledge I have no credible** evidence of any person who is connected with the athletic department of the new school (School "B") or who is part of the booster club of the new school (School "B") or who is acting on their behalf, having communication, directly or indirectly, through intermediaries or otherwise with the transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of the student, prior to the completion of the enrollment process. (Foreign Student Waiver 208.A.(12) does not require former school signatures.)

Furthermore, I am not aware of this student participating during the previous 24 months on any non-school athletic team* that is associated with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team.)

Signature of Athletic Director of former school		Date
Signature of Head Coach of former school (fall)	Sport	Date
Signature of Head Coach of former school (winter)	Sport	Date
Signature of Head Coach of former school (spring)	Sport	Date
Signature of Principal of former school		Date

(Note: if student has/will compete(d) in more than three sports, please copy this Form 510 and include signatures of additional appropriate head coaches on separate sheet and attach.)

-OR-

I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form.)

Signature of Non-Certifying Principal of former school	Date
--	------

**Credible evidence is considered as evidence which proceeds from a trustworthy source; evidence which is so natural, reasonable, and probable as to make it easy to believe; information which is obtained from authentic sources or from the statements of persons who are not only trustworthy, but also informed as to the particular matter; that which is not mere speculation or rumor.

ENROLLING (NEW) SCHOOL STATEMENT (School "B")

My signature below certifies that to the best of my knowledge no person who is connected with our athletic department, or is part of our booster club, or who is acting on our behalf has had communication, directly or indirectly, through intermediaries or otherwise with this transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of the student, prior to the completion of the enrollment process in School "B".

Furthermore, this transfer student has not participated during the previous 24 months on any non-school athletic team* that is associated with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team.)

Signature of Athletic Director of new school		Date
Signature of Head Coach of new school	Sport	Date
Signature of Head Coach of new school	Sport	Date
Signature of Principal of new school		Date

-OR-

I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form)

Signature of Principal of new school	Date
--------------------------------------	------



State CIF Appeals Office
1256 Lathrop Road, # 101
Manteca, CA 95336
Ph: 209-471-3270 Fax 209-824-7980

DATE OF SECTION DECISION _____
DATE RECEIVED _____
DATE REVIEWED _____
FEE WAIVED _____
DATE RETURNED _____
HEARING DATE SET _____
HEARING NOTICE _____
DOCUMENTS DUE _____

FOR STATE APPEALS OFFICE USE ONLY

REQUEST FOR APPEAL OF SECTION DECISION ON TRANSFER ELIGIBILITY

Please refer to Parent Handbook-II at www.cifstate.org for information regarding the appeal process.

**THIS FORM IS TO BE COMPLETED WITH THE ASSISTANCE OF THE
CURRENT SCHOOL ADMINISTRATION.**

**NO FAX OR E-MAIL REQUEST FORMS ACCEPTED.
REQUEST FORMS MUST BE SUBMITTED ON TIME, NON-REFUNDABLE ADMINISTRATIVE FEE
MUST BE SUBMITTED WITH THIS REQUEST FORM.**

1.0 To Timely Process This Appeal Request All of the Following Information Is Required:

CIF Section: _____

Cashier's Check or Money
Order Only

Non-refundable Administrative Fee of \$150 included: [yes] [no] [exempt].

Name of current school site administrator assisting in the completion of this form:

PRINT NAME TITLE

SIGNATURE DATE

Name of student on whose behalf appeal is filed _____

Name of person(s)/entity _____
filing this appeal (Appellant) _____

Address: _____

CITY ZIP

Telephone: _____

Email: _____

Student's current school and district: _____
SCHOOL

SCHOOL DISTRICT

Student's current principal _____

Current principal's email _____

Current school address: _____

Current school telephone: _____

Current school fax number: _____

Student's previous school and district: _____
SCHOOL

SCHOOL DISTRICT

Principal at previous school: _____

Previous principal's email: _____

Previous school address: _____

School telephone: _____

School fax number _____

League and/or conference in which student will compete: League: _____

Conference: _____

League and/or conference in which student previously competed: League: _____

Conference: _____

2.0 Basis for Appeal of Decision (check all that apply) - Required:

Facts discovered subsequent to Commissioner's decision that could not have been reasonably discovered before decision; (New documents, material and information should be submitted with this application)

Procedural violations (e.g., no notice, missed deadlines, etc.);

Misapplication of facts to bylaw (e.g., not all facts considered, facts misstated, disputed facts, etc.)

Decision based on inappropriate bylaw (e.g., another bylaw applies)

Other, explanation required.

Briefly explain the basis of the appeal (attached separate sheet if additional space is needed):

3.0 The Following Additional Information Is Required:

1. A copy of the Section Commissioner's written decision is attached to this application.
initial _____
2. All new information, paperwork and documentation to be submitted for consideration have been submitted with this request. [yes] [no] initial _____
3. Appellant requests a: (**MARK ONE BELOW** - See Parent Handbook-II)
____ Single hearing officer or ____ 3-member panel. initial _____
4. Appellant qualifies for and receives a free or reduced lunch at school. A copy of the approved application or student lunch card is attached to this appeal application.
[yes] [no] initial _____

Please DO NOT STAPLE PAPERWORK

4.0 Required Certification

I declare under penalty of perjury under the laws of the State of California that the above statements are true and correct; that the supporting documents attached are true and correct copies of the original documents; and acknowledge that the Appeals Panel decision is final.

Appellant's Signature date

Appellant's Signature date

SAN FRANCISCO UNIFIED SCHOOL DISTRICT
HIGH SCHOOL RELATED STUDENT CONSENT FORM

This form shall be used where a student attending an alternative school seeks to participate in interscholastic athletics for a SFUSD CIF member school. Please note that the student must complete this form. The student must also complete transfer documents if he or she has transferred to the alternative school within the last 12 months. Finally, the student must enroll in and pass one course at the CIF member school to gain and maintain eligibility.

The CIF member school athletic director shall submit this form and all required information below to the SFUSD Athletic Office. The student shall not participate in interscholastic athletics until released by the Commissioner of Athletics.

1. **Student Information:**

Name: _____

Address: _____ Zip: _____

Current School: _____

Previous SFUSD School Attended: _____

Parent/Guardian: _____

Please list the sports you have played in the past 12 months and the school for which you played:

Sport: _____ School: _____

Sport: _____ School: _____

Sport: _____ School: _____

Sport: _____ School: _____

(list any other sports on an attached sheet)

2. **Please submit the following documents to the principal of the alternative school and the principal and athletic director of the CIF member school:**

_____ current transcript _____ most recent report card

_____ physician's clearance form _____ parent's consent form

_____ anti-steroid agreement from _____ concussion information sheet

_____ address verification (if address is different than address on transcript)

3. **Required Signatures:**

Parent/Guardian grant of consent to play at CIF member school:

Signature: _____ Date: _____

Counselor verifying enrollment in one course at CIF member school:

Signature: _____ Date: _____

Athletic Director of CIF member school verifying receipt of required documents:

Signature: _____ Date: _____

Alternative School Principal verifying receipt of required documents:

Signature: _____ Date: _____

CIF Member School Principal verifying receipt of required documents:

Signature: _____ Date: _____

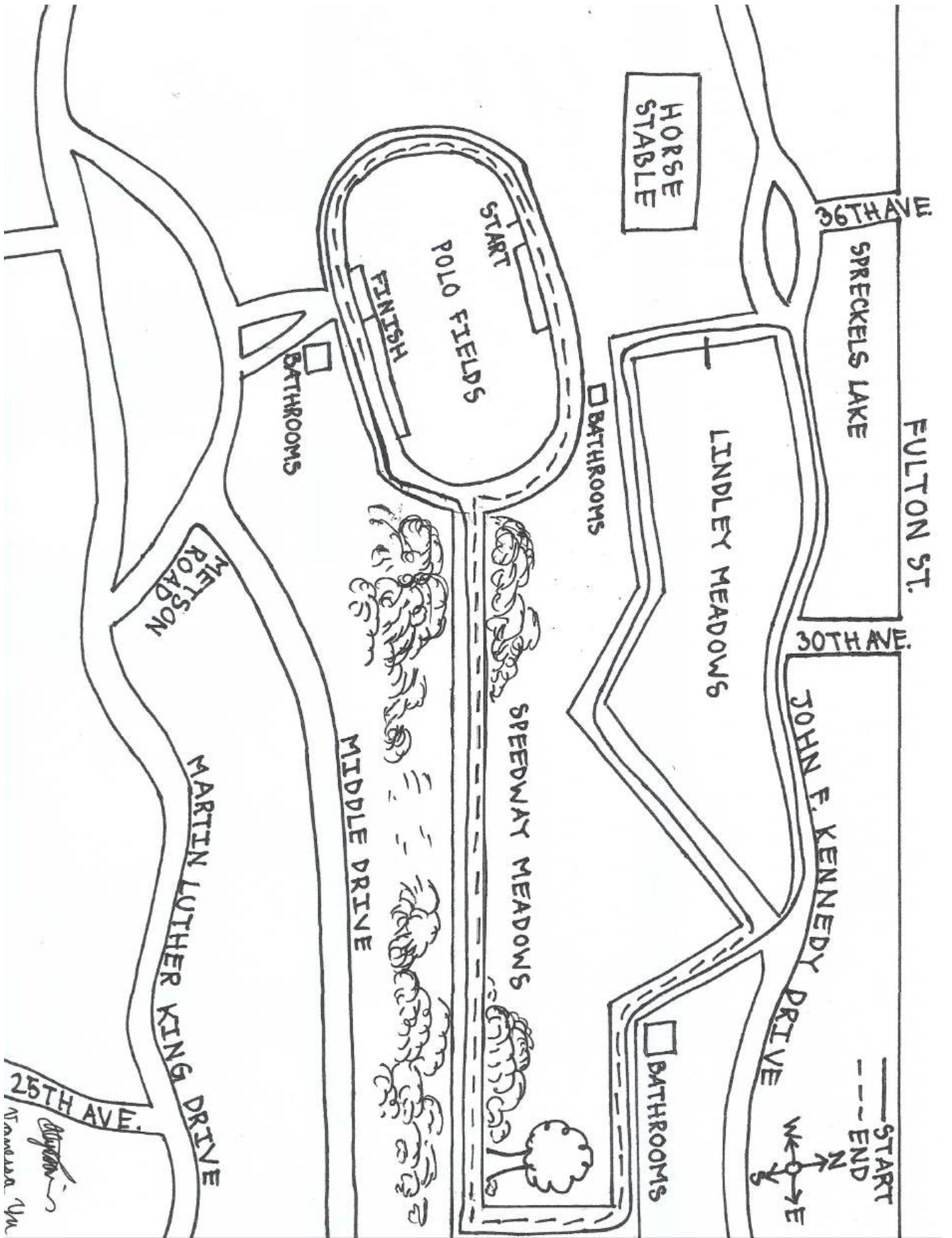
SECTION COMMISSIONER'S ACTION:

_____ This student is released to participate in interscholastic athletics
for _____ High School.

_____ This student is not released to participate in interscholastic athletics
for _____ High School.

Commissioner's Signature

Date



AAA CROSS COUNTRY COURSE (5,000 Meters)

- A.** **START** 20 meters west of the Polo Fields north grandstand on the upper dirt track (halfway between the tower and the wooden bleacher west end stairs.)
- B.** Run around the west turn and toward the outside edge of the dirt track next to the bushes on the right. Run along the outside (south) edge until you reach the opening at the east end next to Speedway Meadow. Run through the opening into Speedway Meadow.
- C.** Continue east through Speedway Meadow past the restrooms on the left to the large tree in the middle of the eastern Meadow. Run counterclockwise around the tree (left turn) and back down the Meadow towards the restrooms (now on the right).
- D.** On the southwest side of the restrooms, continue onto the paved path.
- E.** Follow the paved path up the hill towards JFK Drive and exit left up the fire road that intersects with JFK Drive just prior to the wide dirt horse path.
- F.** Continue on the fire road west towards the Polo Fields, eventually running parallel to the Polo Fields north side, and towards the Polo Fields north restrooms and tunnel.
- G.** Turn right onto the foot path just beyond the restrooms and directly across from the north tunnel. Proceed straight (north) toward JFK Drive.
- H.** At the end of the foot path, turn right (east) onto the wide dirt horse path that parallels JFK Drive.
- I.** Continue east along the horse path past 30th Avenue and Marx-Meadow Drive until the horse path intersects with the fire road and the paved path leading to Speedway Meadows' east restrooms on the right (the same path you ran up earlier).
- J.** Turn right and run down the paved path towards Speedway Meadows' east restrooms.
- K.** At the end of the paved path on the south side of the restrooms, continue east through Speedway Meadows to the large tree in the eastern Meadow.
- L.** Run clockwise (right turn) around the large tree and continue west through Speedway Meadows to the east opening of the Polo fields.
- M.** Run through the east opening of the Polo Fields and turn right onto the dirt track. Follow the track around the east turn, down the north straightaway, around the west turn, down the south straightaway, and **FINISH** at the west edge of the south bleachers just past the south tunnel.

AAA Badminton Ranking Instructions

Each team entered into the AAA Badminton League is required to provide a ranking ladder of their eligible athletes. The First and Second Rankings must be submitted by the due dates established by the athletic office and indicated on the current year's league schedule. During the time period covered by each ranking, only players ranked may participate in league play. Players MUST be ranked as follows:

1. To establish a First Ranking, all eligible players will be ranked by gender with the top player in each gender receiving the number one (highest ranking) and the remaining players given a sequentially higher number (lower ranking) based on their ability from strongest to weakest. This is done by either challenge match(es) or coaches' evaluation of players as per CIF San Francisco Section Bylaws Part XII, Section 1(A)(8).

2. For the Second ranking period, players' rankings will be established initially by their First ranking position. Adjustment of a player's ranking position can only be made based on results of a challenge match. A challenge match is defined as a lower ranked player playing a higher ranked teammate in a scored match.

Example: If a lower ranked player plays and defeats a higher ranked teammate in a "challenge match," the lower ranked player will assume the higher ranked player's position in the rankings for the next ranking period. The higher ranked player and all players below him/her in rank would then move down one ranking position.

3. After establishing a ranking, no player is allowed to play a match below their rank during the ranking period. The number one ranked players of each gender must play singles. The numbers two through five ranked players of each gender must play on the doubles teams in their respective gender. Doubles teams are created by matching the second and third ranked players (first ranked doubles), and the fourth and fifth ranked players (second ranked doubles) of each gender. The sixth ranked player on down through the lowest ranked player are alternates. If a singles player or a member of a boys or girls doubles team is not able to participate in a match, the coach will chose an alternate to replace the missing member as per CIF San Francisco Section Bylaws Part XII, Section 1(A)(8).

Example: The number one ranked boys' player can not play in a doubles match.

Example: If the number one ranked girls' player can not play in her singles match, she shall be replaced by an alternate ranked player as chosen by the coach. A player from a doubles team CANNOT be moved up to play a singles match.

Example: On the number one girls' doubles team, if ranked player number three is not able to play, the coach shall replace this player with any ranked alternate player. A player from doubles team number two or the number one ranked player, who is playing singles, CANNOT be substituted onto the number one doubles team.

4. No changes in rankings are allowed during a ranking period.

5. The ranking bylaws do not apply to mixed doubles. Any player on the team may participate in mixed doubles.

AAA Tennis Ranking Instructions

Each team entered into the AAA Boys or Girls Tennis League is required to provide a ranking ladder of their eligible athletes. The First and Second Rankings must be submitted by the due dates promulgated by the Athletic Office and indicated on the current year's league schedule. During the time period covered by each ranking, only players ranked may participate in league play. Players **MUST** be ranked as follows:

1. To establish a First Ranking, all eligible players will be ranked with the top player receiving the number one (highest ranking) and the remaining players given a sequentially higher number (lower ranking) as per their ability from strongest to weakest as deemed by a challenge ladder per CIF San Francisco Section Bylaws Part XII, Section 15(D)

2. After establishing a ranking, no player is allowed to play a singles match below their rank during the ranking period.

Example: The number two ranked player can not play in the number four singles match.

3. After establishing a ranking, no player is allowed to play a singles match above a teammate who possesses a higher ranking.

Example: If the number one ranked player is not available or unable to play the number one singles match, the number three ranked player can not play the number one singles match ahead of the number two ranked player. In this case, the team can either forfeit the number one singles match, or the number two ranked player must play the number one singles match, and the number three ranked player must play the number two singles match.

4. For doubles match play, the ranking of the doubles team is established by using the combined ranking of the two partners. The lowest combined number would be the highest ranked doubles team.

Example: If one partner is ranked sixth and the other partner is ranked ninth, their total would be fifteen. The players for the remaining two doubles teams for a match would be paired and the two players' rankings combined. Of the three doubles teams, the pair with the lowest combined total would be the number one (highest ranked) doubles team. The pair with the next lowest combined total would be the number two doubles team. The final pair would then be the number three doubles team. **NOTE**, if two or more doubles pairs have the same combined number, the team with the highest ranked player will be the higher ranked doubles team.

5. For the Second and any subsequent ranking period, players' rankings will be established initially by their most recent ranking position. Adjustment of a player's ranking position can only be made in the following manner:

- A. If a player is injured, unable to play, or academically or otherwise ineligible for the duration of a ranking period, each lower ranked player will move up one number in rank for that ranking period only.

- B. If a lower ranked player plays and defeats a higher ranked teammate in a “challenge match,” the lower ranked player will assume the higher ranked player’s position in the rankings for the next ranking period. The higher ranked player and all players below him/her in rank would then move down one ranking position. Note, a “challenge match” is defined as a lower ranked player playing a higher ranked teammate in a scored match.
 - C. If a new player joins the team during a ranking period, they can not participate until the next ranking period. Their ranking for the next period should be based on the same criteria as Part B above. If it is not possible for this player to play a challenge match to determine ranking position, it is the responsibility of the coach to give this player an accurate ranking based on their ability relative to their teammates—per CIF San Francisco Section Bylaws Part XII, Section 15(D)(3), “The ranking ladder for the team submitted must represent the strongest, gaining an advantage is not allowed and shall subject the team to default by the AAA League Office.”
6. No changes in rankings are allowed during a ranking period. An exception to this is made for lower tier teams who may change rankings during a ranking period without penalty provided all other ranking requirements are met. **NOTE**, a lower tier team is one that has been declared and approved at the pre-season meeting per CIF San Francisco Section Bylaws Part XII, Section 15(D)

ACADEMIC ATHLETIC ASSOCIATION

CERTIFIED MINIMUM WEIGHTS

WRESTLING WEIGH-IN SHEET

#	NAME	ACTUAL WEIGHT	CERT. MIN WEIGHT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			

SCHOOL: _____

COACH: _____

ATHLETIC DIRECTOR: _____

PRINCIPAL: _____

DATE: _____



**APPENDIX:
CIF STATE POLICY
AND PROCEDURES
FOR APPEAL OF
SECTION
DECISION ON
TRANSFER
ELIGIBILITY FOR
ATHLETIC
PARTICIPATION**

1.0 FILING AN APPEAL

- A. Appeal of a Section Commissioner's final written decision of limited residential transfer eligibility is to be submitted in writing on the current State CIF Appeal Requests Form to the State CIF Appeals office at the current address on the form within 15 business days after the Section Commissioner's decision is mailed.
- B. If an appeal of the Section Commissioner's decision includes not only a transfer request but also a request for waiver of the age requirement, charge of a semester, and/or passing 20 semester credits of work, the transfer request issue will be held in abeyance until all other issues are determined in accordance with Section appeal policies and procedures. The procedural requirements for determination of the transfer request under this policy will be tolled until a final determination of other issues is made by the Section.
- C. The appeal requests with original signatures must be mailed to the State Appeals Office. Appeal requests submitted by fax or e-mail will not be accepted and will be returned by the State Appeals Office. Incomplete requests will not extend the timeline for submitting a request. Incomplete requests are those that do not comply with the provisions of paragraph C of this regulation below. That information is necessary in order to set a fair and impartial hearing with timely notice and opportunity to be heard. Returned appeal requests shall not be considered as notice of an appeal to the Section or the State CIF or as substantial compliance with the provisions of this section or as a timely submission.
- D. In compliance with the State CIF Appeal Request Form (available at www.cifstate.org), all appeal requests must include the following information:
 - 1. The name, current address, and contact information of the appellant(s);
 - 2. The name of the school and school district that the student is currently attending;
 - 3. The name of the school and school district of the student's former school;
 - 4. The principal's name and current address and contact information at the school that the student is currently attending;
 - 5. The principal's name with current address and contact information of the student's former school;
 - 6. The CIF Section in which the student currently resides;
 - 7. The name of the league and conference in which the student wishes to compete;
 - 8. The name of the league and conference in which the student formerly competed;
 - 9. The written appeal must set forth a basis for the appeal with supporting documentation;
 - 10. The written appeal must include a \$150.00 administrative fee, or proof that student is receiving a free or reduced lunch in accordance with 42 U.S.C. Section 1751 et seq.;
 - 11. The Section Commissioner's written decision must be attached to the request;
 - 12. Acknowledgment that a copy of the appeal request was provided to the Section Commissioner.
 - 13. An election of either a three-person Appeals Hearing Panel or a single hearing officer.

2.0 STATE APPEALS OFFICE REVIEW AND PROCEDURES

- A. Within 5 business days of receipt of the appeal request, the State Appeals Office will review the requests for completeness.
- B. Incomplete requests will not be considered and the administrative fee shall not be returned with any appeal request that is rejected by the State CIF Appeals Coordinator shall be returned.
- C. A complete, corrected request may be resubmitted prior to the expiration of the original appeal 15-day timeline without an additional administrative fee.
- D. If the State CIF Appeals Office determines that the appeal is timely and complete, the State CIF Appeals Coordinator shall then have 10 business days to set a hearing date. Applicants should be aware that due to school site summer schedule requests received between the last published CIF-sponsored activity until August 15, athletic eligibility determinations will be made based upon school site or section staff availability.
- E. The Section Commissioner will be notified by the State Appeals Office that an appeal request has been submitted when the State CIF Appeals Office determines that a timely, completed request was filed.
- F. The State Appeals Office shall set the matter for hearing at either the next regularly scheduled hearing date, or not later than 30 business days following the receipt of a completed appeals requests. The CIF Appeals Office shall have sole discretion in setting the matter for hearing in order to provide adequate notice and opportunity to be heard from all the parties.
- G. The State Appeals Office shall notify all parties of the hearing date in accordance with the provisions set forth below.
- H. The hearing shall be held at a location selected by the Appeals Panel Chairperson/ Review Officer within the geographical boundaries of the CIF Section where the matter arises.

3.0 APPEALS PANEL

- A. The Appeals Panel shall have 3 members in addition to an Appeals Panel Chair if available. If a Chair is not available then a member of the panel will serve as Chair.

- B. Appellants may elect to have a single hearing officer.
- C. Panel members may be current or retired school district administrators or athletic directors, retired or current athletic administrators or retired Section officers.
- D. No panel member may be employed by, or retired from, the schools, school districts, leagues, or conferences involved in the appeal.
- E. The Appeals Panel Chair, if available, shall be a non-voting member of the panel and shall preside at the hearing and have all power and authority to conduct and to coordinate the hearing. The Panel Chair shall not deliberate with the panel.
- F. The Appeals Panel shall deliberate the appeal in closed session following the hearing at the time and place designated by the Appeals Panel Chair.
- G. If an Appeals Panel Chair is not available, one member of the panel shall serve as Chair and participate in the deliberations and voting.

4.0 CONDUCT OF HEARING

- A. Notice of the hearing date shall be mailed to the Section, the schools involved, the parents or student, and to all parties deemed by the Appeals Panel Chair to be directly involved. The Appeals Panel Chair will invite only those deemed appropriate to the hearing.
- B. The hearing shall be conducted only during the time allotted by the State Appeals Office. Only in exceptional circumstances will additional time be permitted. A party may request extended time in writing setting forth the extenuating reasons for the need for extended time. The State CIF Appeals Office will review the requests and make the determination. A request for extended time may require the parties to agree to extend the time for the hearing under this administration procedure.
- C. The parties may submit evidence or other material that will be of assistance in rendering a decision. All documents to be considered by the Appeals Panel must be submitted to the State Appeals Office, at the address provided in the Notice of Hearing, with copies provided to all other parties, no later than 5:00 p.m. 5 business days before the date of the hearing.
- D. Only new evidence discovered since the Commissioner's decision or after the time for the exchange of documents may be considered in the sole discretion of the Appeal Panel Chair. If late documents are submitted, the opposing party may request a continuance of the hearing for review of the documents by the Appeals Panel for review and response.
- E. If a party is to be represented at a hearing by an attorney or other professional advocate, then notice must be provided to all other parties as set forth in the Notice of Hearing. Should any party appear with an attorney or other professional advocate without first giving written notice as required, the other party may request a continuance of the hearing in order to retain representation.
- F. The Appeals Panel Chair shall preside throughout the hearing and exercise all powers relating to the conduct of the hearing.
- G. The hearing need not be conducted in accordance with technical rules of evidence and those rules related to the examination of witnesses.
- H. The proceedings of the hearing may be taped recorded by the Appeals Panel and that recording shall be the official record of the hearing. There shall be no videotaping permitted.
- I. Each party to the appeal shall have the right to call and examine witnesses, to introduce exhibits, and to rebut evidence subject to the time constraints set forth by the State Appeals Office for conduct of the hearing and paragraph B above. The Panel Chair shall have the authority and responsibility to limit repetitive testimony.
- J. Any relevant evidence shall be admitted if it is the sort of evidence that responsible persons are accustomed to rely on in the conduct of serious affairs.
- K. The Appeals Panel will review all relevant information presented by the parties and the CIF Section and, based on that information, make a determination that is reasonable and in accordance with all relevant State CIF and Section Bylaws.
- L. Professional courtesy is expected of all participants at the hearing and all parties shall adhere to and abide by the requests and decisions of the Appeals Panel Chair in the conduct of the hearing.

5.0 DECISION

- A. The decision should include findings of fact and the Appeals Panel conclusions, the numerical vote, and the sports affected and the effective dates for any limitation on varsity eligibility.
- B. A written decision of the Appeals Panel, signed by an Appeals Panel member or Chair, shall be sent to the parents or student, the Section Commissioner, and the State Executive Director within 15 business days after the hearing, unless extended by agreement.
- C. A copy of the decision shall also be forwarded to the principal of the school(s) involved. The CIF Section, if applicable, may inform the league or conference president(s) in accordance with CIF Section procedures.
- D. All Appeals Panel decisions shall be final.



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