

**INTERSCHOLASTIC ATHLETIC PROGRAM**

**HANDBOOK**

**CITY CONFERENCE**

**BLUE BOOK**

**SAN DIEGO CITY SCHOOLS  
SAN DIEGO, CALIFORNIA**

**2007-2008 EDITION**

# **HANDBOOK FOR THE SENIOR HIGH SCHOOL INTERSCHOLASTIC ATHLETIC PROGRAM**

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San Diego City Schools  
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## PREFACE

The Handbook for the Senior High School Boys' Interscholastic Athletic Program was first published in 1955. It included the Constitution for the Boys' Eastern, Harbor and Western Leagues of the San Diego City Conference as well as Special Regulations for approved boys', coed, and student sports.

The Handbook for the Senior High School Girls' Interscholastic Athletic Program was first published in 1973 following the Board of Education approval of the girls' interscholastic athletic program. It included the Constitution for the Girls' Eastern, Harbor and Western Leagues of the San Diego City Conference, as well as Special Regulations for girls' and coed sports.

This Handbook, revised in 1981, combines the contents of previous documents into one volume, *guiding* the operation of a school's athletic program. It will be reviewed annually by administrators, athletic directors, and coaches. It is hoped that this process strengthens the athletic programs and makes the Handbook a valuable reference document.

Bruce Ward  
Director of  
Health / Physical Education / Interscholastic Athletics

## **INTRODUCTION**

This handbook is a compilation of policies, rules, and regulations of the Board of Education of the San Diego City Schools, Local Education Agency, the Athletic Council, and the City Conference, State CIF, CIF-SDS, NFS, and NIAAA.

This handbook has been developed to serve as a reference for administrators, counselors, *athletic directors*, coaches, and others working with the high school interscholastic athletic program. It will be revised from time to time as rules and regulations are adopted by official bodies. It is required that everyone (coaches and administrators) involved in the administration of the athletic programs become thoroughly knowledgeable about the contents of *City Conference Blue Book* and with the “GREEN BOOK” (the constitution, bylaws, and rulings of the CIF-San Diego Section), *and National Federation of State High School Sports Rules*.

The contents of this book have been taken in part from the following sources:

1. Administrative and Supervisory Position Descriptions, San Diego City Schools
2. San Diego Unified School District Administrative Regulations and Procedures
3. Athletic Council Minutes, San Diego City Schools
4. Board of Education Minutes, San Diego City Schools
5. Education Code, State of California
6. Local Education Agency Policies, Procedures and Regulations
7. California Interscholastic Federation Constitution and Bylaws, CIF
8. National Federation High Schools Sports Rules
9. National Interscholastic Athletic Administrative Association

## **STATEMENT OF PHILOSOPHY**

A sound and well-balanced standards based instructional program of physical education is of primary importance and is basic to any interscholastic sports program. Opportunity to participate in interscholastic athletics is a privilege and should augment the instructional program. The interscholastic program is based on the needs and interests of the highly-skilled student and will include only those individual, dual, and team activities approved by the Board of Education for which qualified leadership, financial support, and adequate facilities are available.

The supervision, regulation, and conduct of all athletic programs must ensure concern for the welfare and best interests of the participants. The administration and supervision of the interscholastic sports programs are responsibilities of the Local Education Agency, school administration, athletic director(s), and coaches. These responsibilities should include planning, organizing, coaching, and supervising the program. No program should be expanded beyond the ability of the department to direct it.

An interscholastic sports program, being an integral part of the total educational experience of the participants, should be financed from school district and/or student body funds.

### **ATHLETIC COUNCIL**

In September 1983 the senior high principals voted to conduct athletic business for the San Diego City Conference on the first Thursday of every other month. Principals of all Conference schools, including private and parochial schools, are invited and encouraged to attend these meetings.

The State and San Diego Section CIF Constitution and Bylaws and National Federation High School (NFHS) rules present the plan or organization and the rules and regulations of the Constitution of the City Conference, CIF San Diego Section. All persons responsible for the administration of a school athletic program are required to become fully knowledgeable of the contents of the Constitution and bylaws.

The methods for effecting changes to the Constitution of the City Conference are:

1. Recommendations made at the City Conference meetings, whether they are regular or specially called meetings, and approved by vote of the Athletic Council.
2. By action of the principals at Athletic Council meetings.
3. District Administrative Procedures, Local Educational Agency, CIF-San Diego Section and CIF State updates and revisions will be done yearly by the San Diego Unified School District Athletic Department.

## **CONSTITUTION OF THE CITY CONFERENCE CIF-SAN DIEGO SECTION**

The San Diego City Conference is the organization responsible for administering the interscholastic athletic programs of the City Conference and the Local Education Agency, San Diego Unified School District (SDUSD) within the policy framework established by the Athletic Council and within the rules and regulations of the California Interscholastic Federation - San Diego Section. The City Conference operates under a Constitution, bylaws, Athletic Council and the authority of the Local Educational Agencies.

### **SECTION I - ARTICLES OF THE CONSTITUTION**

#### **I. NAME**

The name of this organization is City Conference.

#### **II. PURPOSE**

The purposes of the Conference are:

- To organize the participating schools so that they may efficiently manage and operate within the rules and regulations as prescribed by City Conference, Local Education Agency, State CIF, CIF-San Diego Section and NFHS.
- To recommend to the Athletic Council, Coordinating Council and the Board of Managers of the CIF-San Diego Section any revisions, edits or improvements in the rules and regulations relating to the health, safety and welfare of students in the athletic program.
- To require integrity and high standards of athletic participation and competition from all member schools and all stakeholders.
- To develop communication and exhibit good sportsmanship among the students of the member schools. To follow professional coaching standards including the precepts of "Victory with Honor".

#### **III. MEMBERSHIP**

Membership of schools into the Conference and League membership and alignment is submitted to the Board of Managers of the CIF-San Diego Section after approval by City Conference members and recommendation from the Athletic Council.

The City Conference bylaws criteria for league membership:

(All schools that are currently members are grandfathered in City Conference)

- A. Geography
- B. Enrollment (650+ fulltime students on campus)
- C. Tradition
- D. 6 sports + 1 (Gender Equity)

Conference membership consists of two divisions: Boys' and Girls', each divided into an Eastern League, Western League, and Central League.

The following schools are members of the City Conference: Christian, Clairemont, Coronado, Crawford, Henry, Hoover, Kearny, La Jolla, Lincoln, Madison, Mira Mesa, Mission Bay, Morse, OLP, Point Loma, San Diego, Scripps Ranch, Serra, St. Augustine, University City, and Cathedral Catholic. Schools from other Conferences in the San Diego Section participate in selected sports within the City Conference as approved by the Athletic Council.

#### **IV. SCHOOL REPRESENTATION**

Each City Conference member school must be represented at scheduled City Conference meetings by the school's athletic director and, as appropriate, by its vice-principal in charge of athletics.

If a City Conference member school is not represented at two consecutive scheduled City Conference meetings during a school year, the school will be notified that they have been placed on probation for the period covered by the following two consecutive City Conference meetings. During the probationary period, the member school shall not have a vote on Conference matters and the member school's coaches in all sports will not be permitted to serve on CIF advisory committees for their sports.

If a City Conference member school is not represented at three consecutive scheduled City Conference meetings during a school year, the school shall forfeit membership in City Conference for all sports (Athletic Council, June 2, 2005).

#### **V. OFFICERS**

Officers of City Conference shall be President and Secretary-Treasurer. The president position is filled by the SDUSD Director of Athletics and is the designee for CIF matters; The Secretary-Treasurer's position is always filled by the Athletics' Department Administrative Assistant of the San Diego Unified School District. The City Conference President is the representative for all CIF Councils, Boards and Committees.

#### **VI. MEETINGS**

Conference business is transacted only at regular and special meetings except as specifically provided in this Constitution. Regular meetings are held in September, November, January, March, and May of each school year. The business at regular meetings is provided for in the bylaws. Conference meetings are to be chaired by the SDUSD Director of Athletics.

There are a total of three (3) district scheduled Pre/Post season meetings. One Pre/Post season meeting for every season (Fall, Winter, Spring). Head coaches from each season sport are required to attend. Failure to attend may result in losing coaching responsibilities.

Meetings are held in accordance with the Brown Act. Outside group may request to present if topic is pertaining athletics and request to present is received 5 (five) days prior each meeting. Presenters will be allotted 10 minutes to present.

## **VII. VOTING**

Each member school will have one vote. The principal or his/her designated administrative representative will cast the vote. Votes may be cast only by representatives who are present. Voting will be by acclamation unless a roll call is requested or deemed advisable in the opinion of the chair. In matters of ties, the chair may cast a vote in addition to the vote.

Members of the certificated staff of the schools may attend the meetings upon invitation and a written notice from their principals and may participate in the discussions.

## **VIII. QUORUM**

A quorum will consist of one or more than half the number of qualified representatives.

## **IX. AMENDMENTS**

Section 1 The articles will be supplemented by bylaws and regulations.

Section 2 The articles may be amended by a two-thirds vote, the proposed amendment having been read at a previous meeting and having been made a part of the minutes of that meeting.

Section 3 The bylaws will contain provisions relating to finances, eligibility, officials for contests, awards, and the like, as well as rules and regulations not specifically covered by the CIF-San Diego Section. The bylaws may be amended by a two-thirds vote, the proposed amendment having been presented to the Secretary-Treasurer and having been mailed to the member schools at least seven days before the meeting at which it will be put to a vote or, lacking such notice, by a unanimous vote of those present at any meeting.

Section 4 The regulations will contain provisions relating to the operation of competition in specific sports. The regulations may be amended by a majority vote, the proposed amendment having been presented to the Secretary-Treasurer and mailed to the member schools at least seven days before the meeting at which it will be put to a vote or, lacking such notice, by a three-fourths vote of those present at any meeting.

Section 5 Upon the adoption of any amendment of the articles, bylaws, or regulations, the Secretary-Treasurer will make provisions to add it to the official document at the next general revision.

## **X. ADOPTION**

These articles together with the bylaws will become effective upon ratification by all member schools.



## **SECTION II - BYLAWS OF THE CONSTITUTION**

### **I. AUTHORITY**

The Conference will be governed by the articles, bylaws, and regulations of the City Conference, Local Educational Agents, CIF-San Diego Section, NFHS Rule, except that Conference rules may be more restrictive.

### **II. DUTIES OF OFFICERS**

#### Section 1 The President

- a. Calls all special meetings.
- b. Chairs all regular and special meetings.
- c. Represents Conference and approves CIF appointees
- d. Appoints all standing and special committees.
- e. Receives and distributes all funds, keeping proper records.
- f. Appoints an administrative designee in his/her absence.
- g. Makes recommendations on all appeal and hardship cases.

#### Section 2 The Secretary-Treasurer (Athletics Dept Administrative Assistant)

- a. Records Minutes
- b. Athletic Schedules
- c. Athletic Budget

### **III. BUSINESS MEETINGS**

#### Section 1 The following business is accomplished at the September meeting:

- a. Approve winter sports schedules for present year if not done at the previous May meeting.
- b. Hear any committee reports that are due.
- c. Approve spring sports schedules if not previously approved
- d. Present the financial report and adopt the budget. If an assessment (dues) is necessary to balance the proposed budget, an amount is recommended to the Athletic Council for approval.
- e. Review plans for the City Conference fall sports playoffs.
- f. Make recommendations on Coordinating Council agenda items.
- g. Other items as listed on agenda.
- h. Any other business that shall be deemed necessary.

- Section 2 The following business is accomplished at the November meeting:
- a. Approve spring sports schedules if not approved at September meeting.
  - b. Present any committee reports that are due.
  - c. Review plans for City Conference winter sports playoffs.
  - d. Make recommendations on Coordinating Council agenda items.
  - e. Other items as listed on agenda.
  - f. Any other business that shall be deemed necessary by the Conference President.

- Section 3 The following business is accomplished at the January meeting:
- a. Make recommendations on Coordinating Council agenda items.
  - b. Hear any committee reports that are due.
  - c. Approve handbook revisions for fall sports.
  - d. Other items as listed on agenda.
  - e. Any other business that shall be deemed necessary by the Conference President.

- Section 4 The following business is accomplished at the March meeting:
- a. Approve all sports schedules for the next fall season.
  - b. Approve handbook revisions for winter sports.
  - c. Recommend admission prices for the following year to the Athletic Council.
  - d. Present Constitution and Bylaw changes.
  - e. Review plans for City Conference spring sports playoffs.
  - f. Make recommendations on Coordinating Council agenda items.
  - g. Other items as listed on agenda.
  - h. Any other business that shall be deemed necessary Conference President.

- Section 5 The following business is accomplished at the May meeting:
- a. Approve handbook revisions for spring sports, Constitution and Bylaws.
  - b. Approve all sports schedules for the next winter season.
  - c. Other items as listed on agenda.
  - d. Any other business that shall be deemed necessary by the Conference President.

Section 6 The City Conference representatives finalize all decisions on items that are on the published agenda, except:

- a. Any item that has a financial impact on the schools.
- b. Any item that changes the athletic policy or the league constitution and bylaws.
- c. Varsity football and basketball schedules.
- d. Actions included in exception categories "a" through "c" above are made in the form of recommendations to the Athletic Council.

Section 7 CIF-SDS Annual Mandatory Athletic Administrators Symposium

Attendance by all City Conference member schools is mandated, and failure to have school representation at all sessions will result in \$250.00 penalty to the school and probationary status for the remainder of the school year. A subsequent violation of CIF or CIFSDS bylaws or failure to pay the penalty will eliminate the school from playoff consideration. Each school will be receiving the program brochure/registration form.

#### **IV. COMMITTEES**

Section 1 Committees of the Conference are appointed by the Director of Athletics at the direction of the Athletic Council as the need arises. They serve until their assignments have been discharged.

#### **V. FINANCES**

Section 1 At the September meeting, the Secretary-Treasurer presents the financial report and budget for the present school year. A budget is approved at this meeting and is forwarded to the Athletic Council with recommendation for final adoption. The fiscal year is from the regular September meeting to the next regular September meeting.

Section 2 The treasurer pays promptly all bills incurred for items included in the budget. All other charges are approved by the City Conference before payment.

Section 3 Monies required to finance the City Conference are derived from the following sources:

- a. Conference dues are charged to each member school in an amount large enough to pay all budgeted bills and to maintain an anticipated balance each year of approximately \$500. (Minimum dues for schools participating in the Conference on a limited basis is \$50 per year.)
- b. Net receipts from City Conference meets & play-off games.

Section 4 City Conference will pay for officials that are needed for any contest played for determining a CIF-San Diego Section play-off position.

**VI. ADMISSION CHARGES**

Section 1 The price of admission to be charged for all league contests for the following year is recommended at the March meeting. Wherever facilities permit, the admission charges are uniform for all cross leagues and league games in any particular sport. Once admission prices are established, no deviation is permitted during that school year.

Section 2 A member school is encouraged to sell student body cards only to bona fide students of that school. Student admission tickets are sold only to bona fide students of the competing schools. St. Augustine High School will be permitted to sell tickets to girls' at OLP and OLP will be permitted to sell tickets to boys at St. Augustine High School.

Section 3 The host school is responsible for ticket arrangements for both of the competing schools. For league contests in football (day and/or night) and night basketball only, no student tickets are sold later than one-half hour after school is dismissed for a night or Saturday game.

a. It is recommended that student tickets be sold during the day and week before the contest. No discounted ticket (students with ASB cards) can be sold at the gate on the day of the game.

b. Freshman and junior varsity players of that same sport are to be admitted free to all Conference varsity contests. Schools are to make arrangements to meet players at a predetermined gate and time to identify and allow entrance into the game. Freshman and junior varsity cheerleaders may be afforded the same privileges as junior varsity players. For free admission a list must be provided in advance with players' and cheerleaders' names. (Student IDs will be checked at the gate.) Teams may enter accompanied by a certified coach.

Section 4 It will be the discretion of the "home" school as to how long ticket sellers and ticket-takers will remain at their posts and whether or not the gates will be opened or closed. However, tickets must be sold at least until the beginning of the last period of the contest. *No readmission is allowed.*

Section 5 Admission Charges to league (dual) contests:

	<u>Day Football</u>	<u>Night Football*</u>	<u>Basketball**</u>	<u>Other</u>
Students (with ASB card)	\$2	\$3	\$2	\$3
Adults	\$5	\$6	\$4	\$4
Children under 12	\$2	\$2	\$2	\$3
Senior Citizen (65 & over)	Free	Free	Free	Free

\*Admission prices at double header football games will begin at start of JV football game or when the home team determines it is appropriate.

\* \$1 from each Student and Adult ticket sold for a night game must be deducted from the gross gate receipts (including pre-sale) and charged as a "game expense." When requested by the Director of Athletics, this money will be rebated back to the district to be deposited in a "Facility Fund," to be used to defray cost of facility maintenance and needs not paid for by the district through other funding. Distribution of these funds will be determined each year by the Athletic Council.

Notes: 1. Schools that play night games at Mesa College will charge the extra \$1 but will not rebate the money. It will be used to defray the high cost of using the Mesa College field.

Notes: 2. When a City School plays a non-conference school, in a night game, (i.e. Santana), the night game ticket prices will be charged. However, the extra \$1 should not be treated as a game expense and rebated back to the district. The total amount of ticket receipts should be used as gross income and the net profit distributed per contract agreement with the non-conference school.

3. This extra \$1 will also be charged by non-city schools, who are members of the City Conference, and treated as a game expense. However, the amount will not be rebated back to the district but kept by the member school.

\*\* Charging admission is optional for afternoon basketball games. If admission is not to be charged, the visiting school should be notified.

Section 6 Admission charges to City Conference final meets and City Conference play-off contests:

Students (with ASB card)	\$3
Adults	\$6
Children under 12	\$2
Senior Citizen (65 & over)	Free

Note: Anyone presenting a Lifetime Pass issued by the San Diego City Schools or the CIF-San Diego Section shall be admitted to City Conference-hosted games free of charge.

## **VII. DISTRIBUTION OF INCOME FROM GAMES**

Section 1 In conference varsity football games, the home team takes all receipts, pays all expenses of the game and divides the balance equally between the two competing schools. A loss shall also be shared equally between the two Conference schools. If the loss is between two City Schools, the home team takes the entire loss. (See Related References in this handbook for listing of authorized game expenses.)

- Section 2 In all other sports in which admission is charged, the host school takes all receipts and pays all expenses of the game, not including travel expenses, and retains the balance. (See Related References for authorized game expenses.)
- Section 3 In City Conference final meets, play-off games, or matches, if admission is charged, the host school receives all receipts, pays game expenses and sends a check for the amount of the net profits to the Director of Athletics (Treasurer of City Conference). The Conference office will pay all other expenses. (Check should be made out to “City Conference.”)

**VIII. PASSES**

- Section 1 Passes issued by school principals are valid only at games in which the issuing school is the host school.
- Section 2 Faculty passes to all athletic events are accepted for City Conference staff members of the two competing schools.
- Section 3 No Life Passes are issued except as approved by the Athletic Council. (Guidelines for issuance can be found in Bylaw XVI.)

**IX. ELIGIBILITY AND RESIDENCE REQUIREMENTS**

- Section 1 CIF bylaws pertaining to eligibility and residency are to be followed. The attendance district of each member school of the league will be considered as a separate district, as defined by CIF rules, rather than as a division of a larger district. CIF-SDS Article 2, 200, 201, 202, 203, 204, 205, and 207.
- Section 2 Each coach and administrator working with athletics within the City Conference must be knowledgeable of NFHS Rules, CIF Rules and Regulations, Local Education Agency Policies and SDUSD District Procedure 4172 and strictly enforce each of the provisions thereof. All aspects of athletic eligibility are contained or referenced in SDUSD District Procedure 4172. A copy of this procedure is included in the Reference section of this handbook. All members of the City Conference are responsible to their Local Education Agency policies.
- Section 3 All questions on eligibility, including fifth year and residential requirements should be directed to the City Conference President for information and or recommendation to CIF-San Diego Section.
- Section 4 If any teacher, official, coach, counselor, or administrator has information which leads him/her to suspect that there is an ineligible player on the squad of any City Conference high school, he/she is under obligation to report the matter to the principal of the school concerned or to the Director of Athletics. No school is to play an ineligible player at any time, practice games, meets, matches, and scrimmages included.
- Section 5 Students who are ineligible to compete in athletics may NOT suit up for a game or contest. Each school will enforce eligibility rules on the next

calendar day following school-wide distribution of grades. (If grades are mailed, distribution will be considered the day of the mailing.) *The principal or administrative designee is responsible for the integrity of the eligibility process.* The effective day is for both regaining eligibility and losing eligibility.

- Section 6 Ineligible Participants: Any athletic event, in which an ineligible player has participated, either intentionally or unintentionally, must be forfeited. In badminton, cross-country, golf, swimming, track, and wrestling, awards won or points scored by team-mates of an ineligible participant would not be affected, except in relay events which are part of a meet. Schools will notify City Conference President, Schools, Media and the CIF-San Diego Commissioner in writing.
- Section 7 An athlete may move from J.V. to Varsity competition in the same week, but **NOT** from Varsity to J.V. in the same week. Movement of athlete must consider health and safety of student athlete. A week begins on Monday and ends on Saturday. CIF-SDS Rule, Article XIII, H.

## **X. LEAGUE CHAMPIONSHIPS AND PLAYOFFS**

- Section 1 No league/conference contest will be canceled except when both principals agree and by league/conference action or approval of the City Conference President and the SDUSD Director of Athletics.
- Section 2 In all contests that do not have provisions for breaking a tie score at the end of regulation play, the league standings for each team in a tie game will be credited with one-half game won and one-half game lost.
- Section 3 The school winning the highest percentage of its league games will be awarded the league championship. League games are defined on approved schedules.
- Section 4 If the above rules do not determine a league champion, then a co-championship is declared.
- Section 5 When two or more teams tie in league standings, the play-off representatives or rank of play-off representatives is determined as follows: (CIF-SDS representative is not to name play-off order for **City Conference**)
- a. Football Play-off Representatives.
- (1) If two teams end in a tie for a playoff position, the team winning the game between the two schools involved will go to the playoffs ahead of the losing team. If the two teams tie each other in league play, the playoff positions (s) will be determined by the result of the "Tie-Breaker."

(2) Tie-Breaker

- (a) The tiebreaker will be utilized for LEAGUE GAMES.
  - (b) The result of the tiebreaker will be used only to determine CIF-San Diego Section play-off berths in the event of identical league records.
  - (c) The utilization of the tiebreaker for non-league games should be mutually agreed upon with opponents and game officials prior to the start of the game.
  - (d) Whether a team wins or loses the tiebreaker, a TIE will be recorded in both league and over-all records.
  - (e) Rules regarding the overtime are found in section 3-1 NFHS "Federation Football Playing Rules."
- (3) If more than two teams end in a tie, the play-off position will be determined by a league vote at a special meeting to be held no later than the morning following the last league game.

OR

The Director of Athletics may conduct a telephone vote after the final league game is played. (Voting will be done on a ranking basis, i.e., #1 ranked = 3 pts., #2 ranked = 2 pts., #3 ranked = 1pt.)

- (a) The team receiving the most votes will go to the playoffs as the number one team.
- (b) If a tie occurs in the voting for the above, it will be broken as follows:

Two-way tie: (First or second place)

The team winning the game played between the two tied schools will determine the play-off position (s).

Three way tie:

A coin flip will determine which team is eliminated (Odd school is out). The first place playoff position will then be determined by the team that won the league game between the two remaining teams.

b. Other Sports

- (1) If two (2) teams tie for the playoff position, the play-off game between the two tied teams will be played. The date and time of the contest will be determined by the competing schools. If agreement cannot be reached, the Director of Athletics will make the decision.

The home site will be determined by a coin toss. Procedure for coin toss is to be agreed by both schools.

- (a) If three (3) teams tie for first, a coin flip will determine which team is eliminated (odd school is out). The remaining two schools will play a contest to determine the #1 team. The date and time of the contest will be determined by the competing schools. If agreement cannot be reached, the Director of Athletics will make the decision. The home site will be determined by a coin toss.
- (b) After consulting with the City Conference President, and if schools involved agree that a playoff contest is not necessary for determining advancement into the playoffs and/or has little or no bearing on seeding, then the game does not have to be played. The CIF-SD Section will require, however, that one of the teams be declared the #1 team. If a contest is not played, the schools involved will have to agree who will go as the #1 team. Only the #1 team is guaranteed a spot in the playoffs. A coin flip could be used to determine the #1 team.

Section 6 A championship will not be declared if fewer than four member schools participate in a seasonal sport.

Section 7 Appeals Board - Playoffs:

An appeals board will be selected, as needed, to deal with any type of appeal related to CIF-SD Section play-off representation from leagues within the City Conference. This board will be chaired by the Director of Athletics, who will vote only in case of a tie vote from the board. The selection of this board will be made by the chairperson, using the following criteria:

- (a) Three senior high principals from City Conference schools. The principals selected must be from schools and leagues not involved.
- (b) Director of Athletics will participate as a non-voting member.

The appeals board will be a fact-finding board and will be responsible for making recommendations.

## **XI. TOURNAMENTS AND POST-SEASON GAMES**

- Section 1 State CIF and CIF SDS events are limited to CIF member schools. Required forms and paperwork can be found on the CIF-SDS website [www.cifsds.org](http://www.cifsds.org).
- Section 2 All interstate competition in CIF approved sports, involving four or more schools, from more than one league, requires sanction and approval from the City Conference, SDUSD, Local Education Agency, and State CIF. Interstate dual competition between two schools does not require sanction approval by the State CIF (CIF- ARTICLE 7).
- Section 3 No game will be scheduled after the date for the last game as shown on the CIF-SD Section calendar without CIF-SD Section approval.
- Section 4 The City Conference is financially responsible for only those tournaments and City Conference meets that are required to determine participants in the CIF-SD Section playoffs. City Conference meets may be organized *with Principal's approval* only on a varsity team basis.

## **XII. APPROVED SPORTS, STARTING TIMES**

Section 1 The Board of Education has approved the following sports and teams for interscholastic competition by district schools:

a. Boys' Sports

- (1) Football (varsity, J.V., and freshman teams)
- (2) Basketball (varsity and J.V. teams)
- (3) Cross-country (varsity and J.V. teams)
- (4) Soccer (varsity and J.V. teams)
- (5) Swimming, (varsity)
- (6) Tennis (varsity team only)
- (7) Track and Field (varsity and J.V. teams)
- (8) Volleyball (varsity) (J.V.\* non-funded)
- (9) Water Polo (varsity)
- (10) Golf \*(varsity), (non-funded)
- (11) Lacrosse \*(varsity), (non-funded)

b. Girls' Sports: Girls must compete on the girls' team if the school has a team in that sport. When a school has a boys' sport but does not have a girls' team, girls may try out for the boys' sport.

- (1) Basketball (varsity and J.V. teams)
- (2) Cross-country (varsity and J.V. teams)
- (3) Field hockey (varsity) (J.V.\* non-funded)
- (4) Soccer (varsity and J.V. teams)
- (5) Softball (varsity and J.V. teams)
- (6) Swimming, (varsity)
- (7) Tennis (varsity only)

- (8) Track and Field (varsity only)
- (9) Volleyball (varsity, J.V., and freshman teams)
- (12) Water Polo (varsity)
- (13) Girls' Golf\* (varsity, non-funded)
- (14) Lacrosse \*(varsity, non-funded)

\* Extramural sports: Approved for competition but not funded by the San Diego City Schools.

c. Student Sports: (Boys and Girls)

- (1) Wrestling (varsity)
- (2) Football (varsity, J.V., and freshman teams)

d. Coeducation Sports (Mixed Teams)

- (1) Badminton (varsity only)

Coeducational sports are made up of an equal number of boys and girls. 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.

e. Extramural Teams

Definition: An extramural team is a team that represents a school in a sport that is approved by the CIF-SD section and the Board of Education, but does not receive any funding from the Board of Education.

Note: Surfing, and Sailing are not an example of an extramural team, because it is not recognized by the CIF-SD Section as an approved sport. It is considered a "Club Sport."

Schools may field extramural teams only for those sports, at level 1 and level 2, that are not funded by the Board of Education. All CIF and district requirements that are necessary for funded teams must also be met by an extramural teams; i.e., physical exam, insurance, scholastic and citizenship requirements, residential requirements, no 7<sup>th</sup> or 8<sup>th</sup> grade participation, or 10<sup>th</sup> grade participation on Freshman, Club or Extramural teams .

f. No other teams may be organized within the interscholastic athletic program.

g. Out of season participation in an interscholastic sport, club team or travel team is not sanctioned or recognized by the City Conference.

Section 2 The SDUSD Director of Athletics, at the direction of Athletic Council and based on SDUSD Board Policy, shall approve the time and the place for athletic events in which schools of the San Diego Unified District participate.

City Conference principals approve all TV or Broadcasted games with the full understanding of potential loss to gate revenue. Principals have the authority to negotiate additional funds from potential vendors. CIF has the authority to negotiate broadcast contracts for CIF Playoffs only.

Section 3 Contest will normally start at 3 p.m.

- a. Contests may start as late as 3:30 - 4:30 p.m. to accommodate conflict with normal school hours, provided darkness will not jeopardize completion of a normal contest. Principals from competing schools must agree to the change of normal contest start time.
- b. A contest in a sport other than basketball or football that is agreed upon by competing schools, provided that a regularly-scheduled school day does NOT follow the day of the contest, may be played at night. Starting time may not be later than 7 p.m.
- c. No regularly scheduled league games or non-league games involving San Diego City Schools may be played at night when the following day is a school day. (Exception: When a City School is the visiting school in basketball with the approval of the Principal.)
- d. Other exceptions to the above (a-c), would be CIF-SD Section administered (playoffs, tournaments, relays, and other special CIF events pre-approved by the site Principal.)

Section 4 Supervision of Contests

- a. General (Title 5, California Administrative Code, 18): All athletic or social activities wherever held, when conducted under the auspices of any public school, or of any class or organization thereof, shall be under the direct supervision of the authorities of the district.
- b. Teacher supervision at athletic contests: No precedent should be established separating teacher responsibility for supervision of athletic activities and teacher responsibility for supervision of the general co-curricular program. In order that unreasonable demands are not made upon the teachers, professional ticket-takers should be employed and increased police supervision provided for athletic events which justify such action. (Athletic Council, June 17, 1957)
- c. Students at all times, while in school or while attending a school - directed activity, are to be under the direct supervision of a member of the certificated staff. The principal is responsible for the enforcement of this regulation. (District Procedure 6720)

- d. The school should not accept supervisory responsibility for non-school affairs, such as an after-game dance sponsored by other agencies. (Athletic Council, September 1956)
- e. A faculty member, or certificated person, responsible for the conduct of the team must accompany any team to all practices and contests and must remain until the practice or contest is over and all members of his/her team have left the dressing quarters and premises. (A "walk-on" coach who has met the criteria pursuant to Title 5, California Code of Regulations, Section 5593, meets this requirement.) A visiting team will not be recognized by the host school unless accompanied by such faculty representatives.
- f. The host school is responsible for the supervision and general conduct of all spectators, with the exception of students from the visiting school, who will be supervised by the administration and member(s) of the certificated staff (coaches) from their school. The visiting school will provide adequate supervision, in addition to the coach, for its students. Faculty and police personnel will be provided as needed.

**Suggested Administrative Supervision of Athletic Contests**  
(Athletic Council, April 4, 2002)

- The home administrator is responsible for welcoming and advising the visiting administrator.
- Each school is responsible for the supervision of its own spectator section.
- Direct supervision is defined as having appropriate personnel at the game site from the time the crowd begins to gather until it disperses.
- Each member school is to provide direct supervision (the principal or his/her designated administrator representatives) for its home games for the following events:
  - Varsity and JV football
  - Boys' varsity basketball
  - Girls' varsity basketball
  - Varsity wrestling
  - Varsity soccer
  - Boys' and Girls' Track and Field (Preliminaries and Finals only)
  - All evening contests
  - Schools facing difficult supervision assignments e.g., rivalries, campus incidents.
- Supervision, in addition to that provided by visiting team coaches, must be provided by the visiting school for the following events:
  - Varsity and JV football
  - Boys' varsity basketball
  - Girls' varsity basketball
  - Boys' and Girls' Track and Field (Pre-lims and Finals only)
  - Schools facing difficult supervision assignments e.g., rivalries, campus incidents.

- The home school is responsible for providing supervision at all other athletic contests. The level of supervision is left to the judgment of the principal according to the specific circumstances of the contest.
- Supervision will be provided for all CIF SDS contests.

### **XIII. PREPARATION OF SCHEDULES**

Section 1 The Director of Athletics is responsible for the preparation of league schedules and a presentation to the principals for approval.

Section 2 Where possible, league schedules are formulated on a rotating basis. In other cases, schedules are developed to meet the unique needs of that sport, site facilities and sports in season.

Section 3 After league schedules have been approved by the league, all dates are firm. If a game or meet must be rescheduled, it must be approved in advance by the site administrators of both schools. Officials and the District Athletics office must be notified by the site. It is recommended that all changes are documented in writing once mutually agreed upon.

*Section 4* Final site schedules are due to assignment secretaries on the following dates. If final site schedules are submitted past due dates a late fee of \$ 50 will be charged to the sites.

Fall sports	June 1
Winter sports	October 1
Spring sports	December 1

Section 5 Postponed games, meets, or matches

- a. The basic rule in rescheduling contests that have to be postponed is that the game, meet, or match will be scheduled for the first day that the facility is available and in condition to be used for a contest.
- b. The home school is responsible for determining the usability and availability of the facility.
  - (1) If a question arises regarding the home team's decision, the principals of the schools involved determine whether the contest can be played.
  - (2) If principals cannot agree, the Director of Athletics will make the decision.
- c. An exception to the basic rule is in Wrestling and Track. Wrestling and Track meets are not to be scheduled closer than 48 hours to each other. League wrestling matches cannot be changed to more than one match per week to allow for tournament play.
- d. Only students eligible on the date a contest is played may participate. Students whose eligibility status changes between the date a contest was originally scheduled and a rescheduled date are bound by the NEW (or current) eligibility status.

## Section 6 Forfeited contest

Any team forfeiting a scheduled cross league or league contest will take responsibility for canceling officials, buses, and supervision. The forfeiting school will be required to pay for any contracted services that were not able to be canceled. The forfeiting school is responsible for immediately notifying City Conference Pres. and CIF SDS office. (Athletic Council, April 25, 1979)

### **CIF SDS Forfeit Policy**

#### Team Sports (use of ineligible player causes loss of contest)

- a. 10 games allowed in regular season – Football = 3 forfeited contests
- b. 20 points (single game – one point, tournament (max 3) – two points) – badminton, baseball, basketball, field hockey, lacrosse, roller hockey (no current CIF Championship), soccer, softball, volleyball, water polo = five (5) forfeited contests – at least two (2) non-tournament games.

#### Individual Sports (use of ineligible player causes loss of individual points)

- a. Those sports for which teams do qualify for CIF Championships but whose schedules are set by individual points – cross country, golf, gymnastics, tennis = four (4) contests using ineligible player.
- b. Those sports for which only individuals advance to the CIF Championships yet a team score is computed – swimming and diving, track and field, wrestling – No rule.

#### General Regulations

- a. The CIFSDS Commissioner, following a timely request by the member school immediately following the schools declaration of forfeitures, will investigate and review the matter consistent with the time constraints involved. The Commissioner's decision is final, and may not be appealed under Bylaw 1100.1©.
- b. A forfeit is classified as such by the forfeiting team whether or not they won the game.
- c. For those sports in which there are individual championships, if an individual's ineligibility caused his/her team to be ineligible for the CIF SDS playoffs, he/she may not advance to the individual competition. (Approved June 7, 2005, Board of Managers)

## Section 7 Cancelled contest

Both principals must communicate and agree on the potential safety risks to students, staff and community before canceling a contest. Principals will notify and include City Conference President, District Athletic Director, and Area Superintendent for High School. Principal's decision to cancel a contest does not void CIF contracts, financial obligations and contractual services.

## **XIV. OFFICIALS**

Section 1 Officials are assigned by the High School Official's Association.(HSOA)

Section 2 In no case are the officials paid more than the maximum allowed by the CIF-SD Section. A schedule of fees to be paid in all sports will be adopted at the May meeting of the Coordinating Council. No officials need be employed for Tennis, Badminton, Cross Country, or Golf.

Section 3 Tournament Officials payment is negotiated directly with tournament Manager (SDS CIF Article XII 5, a, b, c, d.

## **XV. AWARDS**

Section 1 Letter awards: Each member school and Local Educational Agency will adopt and adhere to the standards for awards as recommended by the CIF-SD Section for CIF approved sports with the following exception and additions:

- a. Varsity and junior varsity team members receive letters or other appropriate awards.
- b. Schools within the Conference will award only one letter of type per year, and this will remain the property of the school as long as the student attends the school.
- c. Junior varsity letters are to be made smaller in size.
- d. Full block letters will be used for inter-school athletic awards. Interlocking letters will be five inches in height and single letters, six inches in height. If piping is used in the letter, the overall dimension will not be used as a background for the letter
- e. The letters "MGR" may be affixed permanently to letters awarded to managers.

Section 2 Approved garments for letter award recipients

- a. Jackets, sweaters, blazers, or other school-approved traditional garments are the official garments upon which athletic letters are to be worn.
- b. CIF or league team champions may wear a patch which will be a four-inch round patch with black lettering and the emblem of the sport in the center.

Section 3 Trophies and awards

No team or individual trophies or awards are to be awarded for scheduled league meet, CIF qualifying meets, League or Conference finals and/or tournaments. Awards or trophies may be awarded to students by their own schools. District funds CANNOT be used to purchase awards.

## **XVI. GUIDELINES FOR ISSUANCE OF LIFETIME PASS**

To be eligible for recommendation, an individual must meet criteria number one and/or two below and be officially retired.

1. Served as a senior high school principal or other district administrator for five years or more.
2. Have a combined total of 10 years in the following service areas:
  - a. Coach
  - b. Athletic Director
  - c. Senior High School Vice Principal

Any candidate for a lifetime pass must be recommended by a member of the Athletic Council at a regular meeting and receive a simple majority vote. Nominations will be made at a meeting of senior high principals in the final quarter of the school year. (Athletic Council, April 28, 1982)

## **XVII. GENERAL RULES**

### Section 1 Protests of games

- a. The Director of Athletics must be notified, within 24 hours (school days only) following the close of the contest. This can be done by phone, fax, or in writing. A formal letter of protest, containing pertinent facts, signed by the principal of the school must be sent to the Director of Athletics with copies going to the principal and athletic director of the other school.
- b. A school may not protest a game because of questions involving an official's judgment of fact.
- c. The Director of Athletics makes the initial decision on the protest and notifies the schools involved.
- d. If either of the schools involved does not agree with the decision of the Director of Athletics they can appeal to an Appeals Committee.  
Appeals Committee: Selected by the Director of Athletics.

The Appeals Committee will be a three-member committee made up of Vice Principals, athletic directors or coaches from City Conference schools not involved in the league from which the two schools are involved.

- e. If either of the schools involved does not agree with the decision of the Appeals Committee, it may make a further appeal to the CIF-San Diego Section Commissioner. (Ref: Article 11, rule 1100, CIF-SD Section Green Book).

### Section 2 All-League selections

The varsity coaches of each league sport will be responsible for selecting the all-league teams in their respective sports at the end of season

meetings. The selection of all-league teams will be made in accordance with the guidelines prepared by the San Diego Hall of Champions. The league representative to the CIF-SD Section will have the responsibility of sending all-league selections to the CIF-SD Section office. The City Conference President and Director of Athletics will assist in this responsibility.

### Section 3 Control of bands and cheering sections

The host school will furnish any entertainment that is provided before the games and at half time. If the host school does not care to entertain, it may invite the visiting school to perform. *CIF SDS Bylaw Article XIII, G, Noisemakers will be followed.*

#### a. Bands

- (1) The band of the host school is responsible for the music at a game. The band or pep band from the opposing school may attend free if prior arrangements have been made with the host school. In such cases the visiting band will perform from the stands.
- (2) The faculty band director will be with the group whenever the entire band or pep band is present. When the uniformed band performs, a faculty director must be in attendance.
- (3) Bands should play only before a game, during time-outs, at half time, and after the game
- (4) Bands will not play while the band from the other school is playing or performing.
- (5) Bands will take turns in performing their numbers. The host band director or faculty supervisor should contact the visiting band director before the game to determine the playing order.
- (6) Bands must terminate a number when a team breaks the huddle.
- (7) In football, the band of the team making the score should play after the extra point. If the band plays after the touchdown, it should soften the number during the conversion attempt, then play normally again.

#### b. Pep bands

- (1) At basketball games, the band will be the responsibility of the instrumental director. Only the host school will provide a band. Pep bands will not exceed 15 players. The following rules will govern performances of pep bands:
  - (a) Bands may play before games, between quarters and at half time.
  - (b) Guest cheering section will sing the alma mater first.

(a) Amplifiers shall not be used by pep bands.  
CIF-SDS XIII, G.

(2) At football games, the band will be the responsibility of the instrumental director. Pep bands for the visiting school will not exceed 30 players. Visiting bands will not wear the regular band uniform; band jackets are permitted.

(a) Admission will be by prior arrangement with the host school.

(b) The following rules will govern performance of pep bands: alternate with host band; perform only during time-outs, between quarters, and after scores; during half-time, pep bands will play only following the field show; host band will have the right-of-way for all performances; guest band will play the alma mater before host band.

(c) Amplifiers may be used as permitted by the home team administration following CIF-SDS bylaws. Excessive volume or inappropriate timing of excessive volume will not be permitted.

c. Home Cheerleaders will greet and introduce themselves to visiting cheerleaders and communicate agreeable half-time / Pre-Post Game/ time-out performance rotation.

d. Cheer Guidelines see attached. (Adopted by Athletic Council, June, 2006).

e. Mascots

Mascots must be members of the student body and adhere to all District and CIF SDS rules.

#### Section 4 Number of coaches per sport

San Diego Unified School District does not stipulate a minimum or maximum number of coaches to be assigned to individual sports. The application of District Procedure #7233 to the allotment of extended-day pay units must be enforced. Coaching teams that are CIF SDS or CIF State recognized sports cannot make more than a coach in similar sport and must be approved by the principal. If individual volunteers wish to assist in coaching, procedures outlined in District Procedure #4595 must be followed.

#### Section 5 All coaches of athletic teams, (certificated and/or non-certificated; paid and/or volunteer) must demonstrate the qualifications and competencies in the areas set forth in Title 5, California Code of Regulations, Section 5593.

A listing of these qualifications and competencies can be found on the "Conditions for Employment" form located in the Related Reference section of this handbook. This form may be duplicated, completed and should be kept on file at each school site.

- Section 6 Team practice outside regular season.
- There is to be NO organized team practice in any interscholastic sports outside the regular practice season, with the exception that spring practice may be conducted under the rules set up by the CIF-SD Section. CIF-SDS, Article 511, 517.
  - *City Conference will adhere with CIF No Contact Period, Article XX*
- Section 7 Number of contests allowed.
- Same as the number allowed by the CIF-San Diego Section. See back cover of CIF-SD Section "Green Book."
- Section 8 City Conference members will follow CIF-San Diego Section bylaws, No contact period, Article XX in CIF –San Diego Section Green Book.

### **XVIII Ejection Policy - Ethics In Sports**

Any Coach, player, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before the participation resumes. Meeting will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic or electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics in Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting (Approved June 7, 2005, Board of Managers)

## SECTION III - SPECIAL SPORTS REGULATIONS

### COED BADMINTON

#### 1. REGULATIONS

The official rules for badminton are those published by the “Badminton Official Rules of Play”, US Badminton Association, as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

#### 2. TYPE OF LEAGUE COMPETITION

a. League schedules will be recommended by coaches, prepared by the Director of Athletics and approved by the league on an annual basis.

b. Each school team consists of the following ranked singles players and ranked doubles teams:

Four girls’ singles  
Four boys’ singles  
Three girls’ doubles  
Three boys’ doubles  
Three mixed doubles

c. A player may compete in no more than two events in a given match.

d. Each event consists of one regulation match of two-out-of-three games. Games in girls’ singles will be 11 points; all other events will be 15 point games.

e. Court markings must be in compliance with regulations set forth by the Badminton Official Rules of Play”, US Badminton Association. Lines should be clearly discernable. Colored tape may be used to mark lines.

#### 3. TIME, PLACE, CONDITIONS OF GAMES

a. Coaches shall exchange written lineups and current ladders before the match begins. (Lineup must include **FIRST and LAST** names.)

b. All athletes must be dressed in team uniforms in order to compete. Uniforms must be identical and not altered in any way.

c. The home team will provide official unmarked shuttlecocks for each match. (The **HL CONDOR** is the official league shuttlecock.)

d. The home team will assign courts and regulate the order of play. As courts become available additional matches will be assigned

e. The first games will start by 3:00 p.m. (actual play, not warm-ups) unless mutually agreed upon by the coaches. Default time will be 3:15 p.m.

- f. A one-minute coaching break shall be allowed on the court between the first and second games of any match. A five-minute break is allowed between games 2 and 3 at which time players may leave the court. No coaching is allowed during games or from the sidelines between points.
- g. Players and spectators must be confined to a designated area. Excessive cheering and noise making is not allowed.
- h. If wrong opponents begin a match, the correct opponents shall be placed on the court as soon as the mistake is discovered, and the score shall revert to 0-0, unless the first game has been completed when the mistake is discovered. In that case, play shall continue as is and the lineups shall be adjusted to reflect the change.
- i. Players are responsible for calling the lines on their side of the net. If a player is uncertain as to whether the shuttle was in or out, the call shall be that the shuttle was in. Points shall not be played over. Only under extreme circumstances should player request line judges. In such a situation, the student calls over his/her own coach who then gets the other coach. Both coaches observe for a period of time to judge the accuracy of calls; they may overrule errors, but are not to make calls. After 10-15 minutes, the coaches leave if things are going well or assign students to act as judges if errors are still being made.
- j. Players should thoroughly understand the rules of the game: foot faults, rotation order, setting, serving below the waist, and so on. Players should resolve their own questions whenever possible. Both coaches can be called over by both players to explain rules or warn their players of continued rule violations (foot faults, serves above the waist). This should be done as soon in the match as the problem is identified.
- k. The home team shall determine what is out of bounds and what shall be considered a "let" in that gymnasium. If there is not a height of 26' entirely free of obstructions over the area of the court, a serve hitting an obstruction shall be played as a "let."
- l. The winning team is responsible for reporting the score to the newspapers.

#### **4. RANKING OF TEAMS, SUBSTITUTES, AND LINEUPS**

- a. A challenge ladder will be used to rank players according to ability in singles and doubles.
  - (1) Each challenge should be best 2 out of 3 games for top 5 singles and top 4 doubles and mixed doubles.
  - (2) A player may only challenge one position above.
- b. Students may not be moved down on the challenge ladder for disciplinary, injury or illness reasons.

- c. Doubles teams may be arranged in any combination at the discretion of the coach. However, the strongest team must play the number one doubles position; the second strongest team plays second, and so on.
- d. In case of injury, illness, or absence on the day of a match, the coach must move a player up in rank, not down. A lower-ranked player must fill in the vacancy. On a given day, all players must be listed in rank order. All participants of a particular event must be present before competition begins.
- e. In case of injury during a match a player is allowed a maximum of 5 minutes to evaluate the injury. Play from there on must be continuous. A player who cannot continue must forfeit that match. A player of lower ranking may be substituted for any remaining matches.
- f. Coaches may switch players from singles to doubles, or doubles to singles, but they must be ranked in correct order for that day.
- g. Any school to be found playing students out of rank order shall forfeit the match.

## **5. CIF-SD SECTION PLAYOFFS**

- a. Team playoffs will be conducted before individual playoffs. Eight (8) teams with the highest overall record will participate in the team playoffs. For tie games please refer to pages 14-15 of the City Conference Blue Book.
- b. Individual playoffs will be conducted on three available days following team play.
  - (1) Each school may enter three boys' singles, three girls' singles players, two boys' doubles, two girls' doubles, and two mixed doubles teams.
  - (2) An individual player may enter no more than two events.
  - (3) Individual singles and doubles champions will be determined in each event.
  - (4) At large players may fill positions left open by incomplete allotment of entries.
  - (5) At large teams must have played in a minimum of 8 matches during the season.
- c. On the day of the seeding meeting all school ladders and rankings are frozen. Seeded players in individuals may not play down in team playoffs. All schools entered in individual tournaments must turn in copies of their ladders to the tournament director at the seeding meeting.

## **BASEBALL**

### **1. REGULATIONS**

All baseball games played in the CIF-San Diego Section will be played according to the National Alliance Baseball Rules as published by the National Federation of State High School Athletic Associations as modified and adopted by the CIF-San Diego Section unless otherwise provided hereunder.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be recommended by coaches, prepared by the Director of Athletics and approved by the league on an annual basis.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. League games will be played as shown on approved league schedule. Starting time is 3 p.m. Games may be delayed until 3:30 p.m. if a conflict with the instructional program exists. No games (practice or league) may start after 3:30 p.m., unless they are on nights that are followed by a non-school day or the City Conference team is the visiting team.
- b. Junior varsity games will be scheduled as above, but on the opposite field from the varsity games. Two (2) umpires must be requested.
- c. Varsity and junior varsity games will be seven innings in length.
- d. The host school will occupy the field for 15 minutes of pre-game practice starting 35 minutes prior to game time. The visiting school will occupy the field for 15 minutes of pre-game practice beginning 20 minutes prior to game time.
- e. On days of league games, **NO BATTING PRACTICE IS ALLOWED.**
- f. Home team is responsible for reporting scores to newspapers.
- g. **Tobacco Rule:** The San Diego Section prohibits the use and/or the possession of tobacco in any form by players, coaches, or officials at the site of any San Diego Section contest. The penalty, following one warning, is ejection from the site of the contest for coaches and athletes.
- h. Pitching Limitation: Pitchers are limited to thirty outs and/or three appearances during any calendar week (Monday-Saturday). The CIF definition of "appearance" now includes a "return" to the mound by a player during a contest. This means that a pitcher who is switched to another position and later returns to the mound as a pitcher during the same game will be charged with a second appearance at that time.

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the San Diego Section CIF commissioner each year.

## **BOYS' AND GIRLS' BASKETBALL**

### **1. REGULATIONS**

Basketball competition will be in accordance with the National Federation Rules as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league and the Athletic Council on an annual basis.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. The following ground rules for basketball were adopted by the Senior High School Principals' Conference (Athletic Council), February 18, 1964: The rules below do not apply to tournaments.
  - (1) No games are to be played on Friday or Saturday during Thanksgiving vacation.
  - (2) Schools are limited to one regularly scheduled Saturday game per season.
  - (3) Double-header games arranged locally on two consecutive nights may not be played at the same gym; a different gym must be used for each night.
- b. All league, pre-season, practice and tournament games scheduled as home games on Monday through Thursday will start at 3 p.m. Designated Friday home games will start at 6 p.m. Non-league games scheduled away from home will be played at the time designated by the host school.
- c. There will be no more than a 20-minute interval between the varsity and junior varsity games or varsity and varsity games.
- d. Cheerleaders and song leaders will remain seated in the front row during games when not performing. Cheerleaders MAY NOT stand along the end line of the court.
- e. Megaphones
  - (1) Will be used only by cheerleaders and must be directed toward the stands.
  - (2) Will not be used for pounding on the floor or bleachers.
  - (3) Will not be passed among students in the stands.

- f. The home team will provide an official scorer, official score book, an adult official timer, and a shot-clock timer.
- g. The visiting school will provide an assistant timer and scorer.
- h. Home team is responsible for reporting scores to the newspapers.
- i. Charging for admission is **OPTIONAL** for afternoon varsity games. (Visiting school should be notified.)

#### **4. SIGNS AND BANNERS**

- a. All signs shall be positive.
- b. A team shall place signs only on its own side of the gym.
- c. No signs are to be placed on the wall behind the basket (between the extension of the key lanes.)
- d. Visiting schools should check with the host school about special regulations regarding signs (e.g., *placement*, space limitations, type of tape.)
- e. All signs must be removed and properly disposed of at the end of the contest.

#### **5. APPROVAL OF TOURNAMENTS**

High school basketball teams may enter three tournaments during the season. If a tournament is outside the CIF-San Diego Section, the 150-mile, one-way travel restriction for City Schools is still in effect. Any school traveling beyond the 150-mile restriction must get approval from the Athletic Council. City Conference schools will adhere to CIF-SDS rules pertaining pre-tournament approval of tournaments or athletic events: Fall sports by June 1; Winter sports by September 1; Spring sports by December 1; CIF-SDS Appendix XI.

#### **6. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates, sites and other pertinent information will be distributed by the San Diego Section commissioner each year.

## **BOYS' AND GIRLS' CROSS COUNTRY**

### **1. REGULATIONS**

Competition will be in accord with the National Federation of State High School Athletic Associations, as modified and adopted by the CIF-San Diego Section unless otherwise provided for below.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league on an annual basis.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. League meets will be held as shown on approved league schedule. Unless indicated, all league meets are to be held at Morley Field. An alternate site may be used if approved by the Athletic Council and agreed upon by both schools.
- b. In varsity competition, up to 12 athletes may be entered by each school, but only the first seven finishers on each team will enter into the scoring. There is no limit on entries in the junior varsity race.
- c. Home school is responsible for reporting scores to the newspapers.
- d. Home school is responsible for entire meet, including start, finish times, tick sheet and final scores.

### **4. LEAGUE FINAL MEET**

Boys' and Girls' finals will be held the week following the last week of the league schedule. The host school for League Finals rotates within the leagues. (Refer to approved league schedule for host school responsibilities).

## **GIRLS' FIELD HOCKEY**

### **1. REGULATIONS**

The official rules will be those published by the National Federation as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. Games will be played at 3 p.m. unless noted on approved schedule.
- b. Length of games:
  - (1) First round: two 30-minute halves
  - (2) Second round: two 30-minute halves
- c. The home team will provide three regulation hockey balls.
- d. The home team will provide a scorer, timer, score book, and time clock. The visiting team will provide a scorer, timer and clock.
- e. Tie games will be resolved according to National Federation Rules.
- f. The host school will be responsible for securing officials and conducting the game.
- g. The home school is responsible for reporting scores to the newspapers.

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates and sites and other pertinent information will be distributed by the San Diego Section commissioner each year.

## **FOOTBALL**

### **1. REGULATIONS**

Football competition will be in accordance with the rules of the National Federation of State High School Athletic Associations as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be prepared by the Director of Athletics, and approved by the league and the Athletic Council on an annual basis.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. Night games in which a City Conference team is the home team will start at 7 p.m. All other games will be played in the afternoon at 3 p.m. until daylight-saving time ends, and then the games will begin at 2:30 p.m. Double header times: J.V. at 5 p.m., varsity at 7:30 p.m.
- b. If the junior varsity game can be played at 3 p.m. on Friday afternoon without conflicting with the varsity game, and if both schools agree to the change, the schedule may be altered.
- c. If not scheduled by a school, inter-league and cross-league football games, dates and sites are prepared by the Director of Athletics.
- d. In the freshman and junior varsity games, quarters will be 10 minutes in length.
- e. Persons on the players' bench will be limited to players in uniform, members of the athletic staff, school administrators, the physician, and not more than four student managers. The coach in charge of the team will be responsible for maintaining orderly conduct on and in the vicinity of the bench.
- f. Filming and Exchange

Videotapes of contests in progress may not be viewed by the coaching staffs of competing schools for information from tapes relayed to them until the completion of the contest. Violation of this rule will result in forfeiture of the contest.

There are no other restrictions regarding the filming or videotaping of any CIF competition by any school personnel or other spectator.

- g. When buses are used to transport uniformed units of a school to a football game, the cost **cannot** be listed for deductible game expenses.

- h. The City Conference allows players to suit up and participate in more than one football game in any Monday through Saturday period.
- i. Seniors **MAY NOT** participate on junior varsity teams.
- j. Eighteen-year old students **MAY NOT** participate on junior varsity football teams.
- k. Home school is responsible for reporting scores to the newspapers.
- l. Any student participating in fall football must have a screening examination (physical) **after May 1st** of the preceding school year.
- m. A fifth quarter may be played after the conclusion of the J.V. game, for those athletes who did not participate or who had limited participation in the J.V. game. Any change to this procedure must be agreed upon by **both** coaches.

#### **4. SPRING FOOTBALL REGULATIONS**

- a. Spring practice: 15 days maximum during spring semester.
- b. Blocking bags may be used.
- c. No padding of any kind may be added to shirts, shorts, or body as protection for contact drills.
- d. Football insurance or a signed waiver will protect or allow a student to participate in spring football. If a student does not have a waiver or has not purchased "Student Insurance" for football, he/she must obtain one or the other before being allowed to participate in spring football.
- e. Practice may not begin before May 1.
- f. Current eighth graders are not eligible to participate in spring practice.

#### **5. SUMMER VACATION REGULATIONS**

- a. Letters sent from the coach during the summer vacation period to prospective football candidates for the purpose of organizing them into any type of workout prior to the opening date are prohibited.
- b. Encouragement for candidates to work out at a playground where the coach is employed as a director will be considered to violate the spirit of the practice rules.

## **6. STATE LAWS PERTAINING TO CARE OF ATHLETIC EQUIPMENT**

- a. The governing board of each district maintaining a high school or junior college and the president of each state college will provide for the annual cleaning, sterilizing, and necessary repair of football equipment of their respective school, junior college, or state college, pursuant to this article. (Education Code, Section 39614)
- a. All football equipment actually worn by pupils will be cleaned and sterilized at least once a year. Football equipment used in spring training will be cleaned and sterilized before it is used in the succeeding fall term. (Education Code, Section 39615)
- c. Any contract with a dealer or craftsman for the repair of football equipment belonging to the district or state college will specifically state or describe the materials to be used by the dealer or craftsman in repairing such equipment. (Education Code, Section 39616)
- d. Football helmets
  - (1) Football helmets must be sent out each year to a qualified reconditioner for reconditioning and certification. (Athletic Council, 1983)
  - (2) Helmets may only be altered by a certified reconditioner or the manufacturer, i.e., drilling additional holes or painting the helmet.
  - (3) Only certified helmets are permissible for student use.
  - (4) A helmet release form is recommended for each student athlete.

## **7. TEN-YARD LINE OVERTIME TIE-BREAKER**

- a. The tiebreaker will be utilized for league games when the result is necessary, to determine CIF-SD Section playoff representation.
- b. The City Conference will use the same tiebreaker procedure used by the CIF-SD Section outlined below and NFHS, resolving tied games, 3-1-1.
  - (1) A coin will be tossed to determine who goes on offense first. The team that wins the toss has its choice. The other team selects which end of the field will be used.
  - (2) The ball is placed on the 10-yard line and team "A" gets four plays in which to score a touchdown or field goal. Following a touchdown, the team has the option of going for a one or two point conversion. A team may score only once in its four attempts.
  - (3) Team "B" then gets the ball and four attempts to score.

- (4) If both teams score the same number of points, or if both teams fail to score, the procedure is then repeated, at the same end of the field, until a winner is determined.
- (5) A fumble recovery or interception by the defensive team terminates the offensive team's series of plays. Ball is dead at point of fumble or interception.
- (6) If more than two teams end in a tie, the play-off position will be determined by a league vote at a special meeting to be held no later than the morning following the last league game.

OR

The Director of Athletics may conduct a telephone vote after the final league game is played. (Voting will be done on a ranking basis; i.e.: #1 ranked = 3 pts., #2 ranked = 2 pts., #3 ranked = 1 pt.)

- (a) The team receiving the most votes will go to the playoffs as the number-one team.
- (b) If a tie occurs in the voting for the above, it will be broken as follows:
  - (1) Two-way tie: (First or second place)

The team winning the game played between the two tied schools will determine the play-off position(s).
  - (2) Three-way tie:

A coin flip will determine which team is eliminated (odd school is out). The first-place playoff position will then be determined by the team that won the league game between the two remaining teams.

### Other Sports

- (1) If two (2) teams tie for the playoff position, the play-off game between the two tied teams will be played. The date and time of the contest will be determined by the competing schools. If agreement cannot be reached, the Director of Athletics will make the decision. The home site will be determined by a coin toss. Procedure for coin toss is to be agreed upon by both schools.
- (2) If three (3) teams tie for first, a coin flip will determine which team is eliminated (odd school is out). The remaining two schools will play a contest to determine the #1 team. The date and time of the contest will be determined by the competing schools. If agreement cannot be reached, the Director of Athletics will make the decision. The home site will be determined by a coin toss.

- (3) If schools involved agree that a playoff contest is not necessary for determining advancement into the playoffs and/or has little or no bearing on seeding, then the game does not have to be played. The CIF-SD Section will require, however, that one of the teams be declared the #1 team. If a contest is not played, the schools involved will have to agree who will go as the #1 team. Only the #1 team is guaranteed a spot in the playoffs. A coin flip could be used to determine the #1 team.

**8. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section commissioner each year.

## **BOYS GOLF**

### **1. REGULATIONS**

Golf competition will be in accordance with the United States Golf Association rules and the Pupils' Golf Code as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. LEAGUE QUALIFYING TOURNAMENT**

- a. At the completion of league play, the City Conference will conduct a two-day, 36 hole qualifying tournament to qualify the conference's best players for the CIF-San Diego Section individual tournament. The number of entries qualifying for the CIF San Diego Section individual tournament will be determined by multiplying the number of active golf teams in the conference by two. Host school for tournament: refer to approved league schedule.
- b. Six players from each league's championship team, three players from each league's last place team, and four players from each of the other league teams will be entered in the tournament.
- c. The best total scores for 36 holes will determine the conference entries into the CIF-San Diego Section individual tournament.

### **3. TEAM COMPETITION, PLAYOFFS**

At the completion of league play, the first place team from each league will automatically enter into the CIF-San Diego Section team competition.

### **4. TYPE OF LEAGUE COMPETITION**

- a. League schedules will be prepared by the Director of Athletics, and approved by the league on an annual basis.
- b. A team will consist of six players.
- c. There will be a double round-robin league schedule for varsity teams.

### **5. TIME, PLACE, CONDITIONS OF MATCHES**

- a. Matches will be played at 3 p.m. Teams may be permitted to start play at 2:30 p.m. if both teams are ready and agreeable and if players have not been released before completion of their regular classes. (Athletic Council, February 1962)
- b. The host school will arrange for the course by making arrangements with the golf course manager or professional each fall. The Director of Athletics will assist in this matter.
- c. Prior to the first practice at the course, the coach will contact the manager or professional in charge of the course to which the school has been assigned.
- d. Teams are not to be on courses on Saturdays or Sundays. They will adhere to the schedule.

- e. Each team has been assigned to a course for two days per week for practice and matches.
- f. Practice sessions will begin no earlier than the beginning of the last period of the school day.

The managers of all courses have been very generous in allowing the schools the use of the courses. They are all interested in providing students every opportunity to play golf. It is the responsibility of the schools to respect these privileges and not to abuse them. Participants are expected to conduct themselves according to the rules of golf etiquette while on the course. Sponsors and golf coaches are responsible for the conduct of those under their charge. Let us not spoil the opportunity for the many by the thoughtlessness of a few.

- g. There will be no organized team practice during the spring vacation; however, team members are not restricted from tournament participation during this period.
- h. A team in match play is limited to six players.
- i. A team in practice session is limited to 12 players.
- j. Summer rules will be played, unless course designates winter rules.
- k. All holes will be played out.
- l. League play will be nine-hole matches, unless both coaches agree to extend the number of holes.
- m. Scoring will be as follows: The total gross score of the five best players on each team will be computed, and the team having the lowest total will be the winner. If match ends in a tie, compare sixth player's scores; lower of the two scores will determine winner of the dual match.
- n. Winning team is responsible for reporting scores to the newspapers.
- o. The course management must receive a complete schedule of matches and a list of names of students making up a team or club. This is necessary before the first time on the course.
- p. **Spectators are prohibited from the course during the match.**

**6. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section commissioner each year.

## **GIRLS' GOLF**

### **1. REGULATIONS**

Golf competition will be in accordance with the United States Golf Association rules and the Pupils' Golf Code as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

If a school fields both a girls' team in the fall and a boys' team in the spring, any female who tries out for golf for the first time or has played golf on the student team only one year (spring 2000), must play on the girls' team.

If a school field's only one team, in the spring, females may try out for the student team.

### **2. TEAM COMPETITION, PLAYOFFS**

Girls' teams shall consist of three or four golfers with the aggregate score of the best three golfers constituting the official team score. CIF Green Book, page 92.

### **3. SEASON OF SPORT**

Girls' golf will be conducted in the fall, while boys' golf will be held in the spring (Approved November 1998 Federated Council). CIF Green Book, page 57.

## **BOYS' AND GIRLS' SOCCER**

### **1. REGULATIONS**

Competition will be in accord with the National Federation of State High School Athletic Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided for below.

### **2. TYPE OF LEAGUE COMPETITION**

- a. There will be league competition at the varsity and J.V. level only. No other teams are to be organized.
- b. League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league on an annual basis.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. Games will be played according to the approved league schedule. All league games are to start at 3 p.m. Forfeit time is 3:15 p.m., unless prior arrangements have been made.
- b. Two officials must be requested for all league games. If only one official shows up for a game, the game will be played.
- c. The home team is responsible for reporting the score to the newspapers.
- d. All spectators must remain in bleachers, where available, during the game. If bleachers are not available, spectators must be kept as far as possible away from the side lines and from the players' benches in order to maintain proper crowd control.
- e. **Only the coach and one assistant are allowed on sideline.**

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section CIF commissioner each year.

## **SOFTBALL**

### **1. REGULATIONS**

Competition will be in accord with the National Federation of State High School Athletic Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided for below.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league on an annual basis.

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. All games will begin at 3 p.m. Forfeit time is 3:15 p.m., unless prior arrangements have been made.
- b. If a game ends in a tie because of weather or darkness, it will not be played off. Each team receives a half game won and half game lost in the standings.
- c. Each team will have equal time to warm up before the game begins, and each team will have the use of the entire field during its warm-up time. The host school will occupy the field for 15 minutes of pre-game practice starting 35 minutes prior to game time. The visiting school will occupy the field for 15 minutes of pre-game practice beginning 20 minutes prior to game time.
- d. Batting practice may be allowed prior to league games providing the teams observe the following time schedule: home team batting practice until 2:10 p.m.; visiting team batting practice from 2:10 p.m. to 2:25 p.m.
- e. The home team will furnish two new **Dudley (CFP-12)**, or equivalent, balls for each game. The ball is not to be of the concealed stitch type.
- f. The home team will provide the official scorer, and the visiting team will provide the assistant scorer. Visiting scorers will compare books with the home scorer at the end of each inning.
- g. Each coach is responsible for the conduct of his/her team and should insist upon acceptable language and sporting conduct from each player.
- h. Team benches should not be located directly behind the catcher.
- i. The home team is responsible for reporting the scores to the newspapers.
- j. Varsity and junior varsity games will end after 5 innings are completed and the visiting team is ahead by 15 or more runs. If the home team is ahead by 15 or more runs after 4-1/2 innings are completed, the game will end.

**4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS**

Specific criteria for teams qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section CIF commissioner each year.

## **BOYS' AND GIRLS' SWIMMING**

### **1. REGULATIONS**

Competition will be in accord with the National Federation of State High School Athletic Associations, as modified and adopted by the CIF-San Diego Section, unless otherwise provided for below.

### **2. TYPE OF LEAGUE COMPETITION**

- a. League schedules will be recommended by coaches, prepared by the Director of Athletics and approved by the league on an annual basis.
- b. There will be league competition at the varsity level only.

### **3. TIME, PLACE, CONDITIONS OF MEETS**

- a. Meets will be held according to league schedule. All meets will start at 3 p.m.
- b. The host school will be responsible for securing officials and the pool site.
- c. The winning team is responsible for reporting the scores to the newspapers.

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SD SECTION PRELIMINARY MEET**

- a. Athletes in specific events, will qualify for the CIF-SD Section preliminaries who meet the time standards set up by the CIF-SD Section Swimming Advisory Committee for these events.
- b. A City Conference meet will be held the week prior to the CIF-SD Section preliminaries. Any swimmer meeting the CIF-SD Section time standards in this meet will qualify for entry into the CIF-SD Section Prelims.

**NOTE:** Individual awards may not be awarded at the City Conference meet. If an individual school chooses to give an award to its own student, it may do so. **District monies may NOT be used for awards.**

- c. The CIF-SD Section Prelims and Finals dates, times, and location will be determined by the CIF-SD Section Commissioner on a yearly basis.

## **BOYS' AND GIRLS' TENNIS**

### **1. REGULATIONS**

Competition will be in accordance with the United States Tennis Association (USTA) and the Code of Conduct as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. TYPE OF LEAGUE COMPETITION**

- a. League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league on an annual basis.
- b. There will be league competition at the varsity level only.
- c. Each school team will consist of three singles players and three doubles teams. (Nine players.)
- d. Format of play will be Round Robin consisting of one set per match. Each singles player will play each of the opposing schools' singles players and each doubles team will play each of the opposing schools doubles teams.

Scoring will be one point for each singles match and one point for each doubles match. If final score ends in a tie, the match will be resolved by counting games won in singles and doubles. If a tie should still exist, sets won in doubles would determine the winning team.

- e. Whenever a set in either singles or doubles reaches a 6-6 score, the 12 point tie-breaker shall be played to determine the winner of that set.
- f. Add scoring will be used unless BOTH coaches agree to play NO ADD scoring.
- g. If BOTH coaches agree, a match can end after a school has 10 points. (This means no new sets would start, but the ones in progress would be finished.)
- h. The host school will furnish new balls, assign courts and regulate the order of play.  
First round pairings:
  - (1) Singles: 1 vs. 1; 2 vs. 2; 3 vs. 3
  - (2) Doubles: 1 vs. 1; 2 vs. 2; 3 vs. 3

Rest period between sets, 5 minutes.

- i. No player may compete in both singles and doubles in the same match.

### **3. TIME, PLACE, CONDITIONS OF MATCHES**

- a. The first set will start by 3 p.m. (actual play, not warm-up). The second set will begin without delay, 5 minutes after the match is called. Players not present to begin play by 3 p.m. will forfeit their first set.
- b. All warm-ups, including serves, will be taken before the first point is played. After the first round pairings, warmup will be limited to 2 minutes.
- c. Coaches are to exchange written line-ups before the match begins.
- d. Coaching is permitted for a maximum of 30 seconds and may take place during the change of sides. No coaching during the tiebreaker.
- e. Players will call their own lines and fouls. If a lines person or official is needed, the two coaches will determine who those persons will be. The players should continue to call their own game. If a player challenges a call, he/she can appeal to the official who will make the judgment which will stand.
- f. There will be no harassing of players during a match.
- g. The winning team is responsible for calling the score to the newspapers.

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

- a. **TEAM:** The champion team from each league will advance to the playoffs.
- b. **INDIVIDUAL:** A league tournament will be organized the week following league play.
  - (1) Each school MAY enter a maximum of four (4) singles players and four (4) doubles teams.
  - (2) The host school will organize a seeding meeting of league coaches. Placement of players on bracket sheet and assignments of courts and days will be determined.
  - (3) The top four singles players and the top four doubles teams will advance to the CIF-SD Section tournament.
  - (4) Host schools for the League Tournaments: Refer to the current year's League Schedule.

## **BOYS' AND GIRLS' TRACK AND FIELD**

### **1. REGULATIONS**

Track competition will be in accordance with the rules of the National Federation of State High School Athletic Associations as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. TYPE OF LEAGUE COMPETITION**

League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league on an annual basis.

### **3. TIME, PLACE, AND CONDITION OF MEETS**

- a. League meets will be held as shown on approved league schedules and will start at 2:45 p.m.
- b. Track teams will be permitted to go to a spring vacation meet that is approved by the CIF-San Diego Section.
- c. It is optional for track teams to work out during spring vacation.
- d. The discus throw is a regular event in City Conference League competition, and complete safety precautions are to be taken at both meets and practices (Athletic Council, April 11, 1973). On meet days, the event should be held either before or after the meet or in an area separate from the meet.
- e. Meet organization
  - (1) Visiting school coaches will present the home team with school entries upon arrival and prior to the meet. Copy of entry sheets will be exchanged prior to the start of the meet.
  - (2) Entry changes in track and field events may not be made after entry sheets have been exchanged.
  - (3) It is permissible to enter more than three entries in an event if it is acceptable to both schools. If additional entries are agreed upon, they must compete and be able to score points. No entry can participate unattached.

(4) Order of events:

* Varsity Girls' and JV Boys' 440 Relay	Varsity Girls' 880
Varsity Boys' 440 Relay	Varsity Boys' 880
* Varsity Girls' and JV Boys' Mile	JV Boys' 330 LH
Varsity Boys' Mile	Varsity Girls' 330 LH
Varsity Girls' 110 LH	Varsity Boys' 330 IH
J.V. Boys' 120 HH	JV Boys' 220
Varsity Boys' 120 HH	Varsity Girls' 220
JV Boys' 440	Varsity Boys' 220
Varsity Girls' 440	Varsity Girls' and JV Boys' 2 mile
Varsity Boys' 440	Varsity Boys' 2 mile
JV Boys' 100	JV Boys' Mile Relay
Varsity Girls' 100	Varsity Girls' Mile Relay
Varsity Boys' 100	Varsity Boys' Mile Relay
JV Boys' 880	

\* These events may be run separately by mutual agreement of both coaches.  
J.V. Boys' 2 mile may be run at the beginning of meet if coaches agree.

(5) Field event regulations

(a) Starting heights and increases for pole vault and high jump are as follows:

Varsity pole vault (Boys only): Start at 9' 6"; increase 6" up to 11' 6" and 3" thereafter, unless coaches mutually agree to a different starting height (dual meets only).

Girls pole vault: Start at 6' 6".

Junior varsity boys pole vault: Start at 7' 6"; increase 6" up to 11' 6" and 3" thereafter.

Varsity high jump: Boys start at 5'4"; increase 2" to 6'0" and 1"thereafter.

Girls (varsity and J.V.): Start at 4'0"; increase 2" up to 5' 0" and 1" thereafter.

Junior varsity high jump (Boys only): Start at 4' 8"; increase 2" to 6' 0" and 1" thereafter.

Note: Varsity boys will jump first, followed by varsity girls, followed by junior varsity boys & girls.

(b) Long jump: If there is only one jumping pit, all participants jump together at the beginning of the meet. All long jumps will be completed by the end of the varsity boys' 880.

(c) Triple jump: This event will begin immediately after the long jump with all jumps to be completed by the conclusion of the varsity boys' mile relay.

- (d) Discuss: Boys will throw first; girls will follow.
- (e) Shot put: Girls will put first; boys will follow. (All puts will be measured.)
- (f) Long and Triple jump will get four (4) attempts during the allotted time period unless otherwise agreed upon by both schools.
- (g) The shot and discus will get three (3) preliminary attempts and the finalists will get three (3) additional attempts.
- (6) The HOME school will run in the INSIDE lane.
- (7) Whenever feasible, the relay zone should be marked with a color other than white and the international lines with a broken line.
- (8) HOME team is responsible for reporting results to the newspapers.

#### **4. CITY CONFERENCE PRELIMS AND FINALS**

- a. Prelims: Combined for boys and girls and held the week following league competition. See annual league schedule for specific date and host schools.
- b. Finals: Combined for boys and girls and held on Friday, of the week following league competition. All leagues on the same day. Meet will begin at 2:30 p.m.
- c. Order of events: Same as the State Meet.
- d. In the league preliminary meets, each school is allowed three (3) entries per event, except relays. If space is available and coaches agree additional entries may be allowed.
- e. The Director of Athletics will organize a seeding meeting for coaches on Monday of the last week of league competition. The primary purpose of this meeting will be to determine lane assignments, heat numbers, and discuss and agree on the format for the meets.

g. Lane assignments

- (1) All track events other than the Mile and 2 Mile.

Fastest time	Lane 5
Second fastest time	Lane 6
Third fastest time	Lane 4
Fourth fastest time	Lane 7
Fifth fastest time	Lane 3
Sixth fastest time	Lane 8
Seventh fastest time	Lane 2
Eighth fastest time	Lane 9
Ninth fastest time	Lane 1

- (2) For the Mile and 2 Mile.

To be agreed upon at the seeding meeting.

- h. The Eastern, Western, and Harbor league prelims and finals will be under the direction of a host school with the assistance of the Director of Athletics. For host schools, see annual league schedule.

**4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PRELIMS**

Refer to CIF-San Diego Section annual bulletin for detailed information.

## **BOYS' AND GIRLS' VOLLEYBALL**

### **1. REGULATIONS**

Volleyball competition will be in accordance with the rules of the National Federation as modified and adopted by the CIF-San Diego Section unless otherwise provided below.

### **2. TYPE OF LEAGUE COMPETITION**

- a. League schedules will be recommended by coaches, prepared by the Director of Athletics, and approved by the league on an annual basis.
- b. There will be league competition at the varsity, junior varsity, and freshman levels for girls and varsity only for boys. (Extramural J.V. boys are permissible.)

### **3. TIME, PLACE, CONDITIONS OF MEETS**

- a. All varsity games will start at 3 p.m.
- b. Junior varsity and freshman games will start 20 minutes after the conclusion of the varsity game. If courts and standards are available, junior varsity and freshman games can be played simultaneously. One official would be in charge of the junior varsity game, and one would be in charge of the freshman game.
- c. The home school will supply the game ball (leather, multi-paneled ball).
- d. The home school will provide the officials and one lines person, plus the official scorer/timer. (Recommend adult scorer/timer).
- e. The visiting team will provide one lines person and one scorer.
- f. The games will be played to 15 points.
- g. The home team will provide the official score sheets.
- h. The home team will provide a horn or other adequate sounding device at the scorer's table for acknowledging substitutions.
- i. Schools that are designated "home team" at a site other than their school shall notify the site coach in advance if they are unable to fulfill any of the "home team" responsibilities.
- j. The home team is responsible for calling scores to the newspaper.

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section CIF commissioner each year.

## **BOYS' AND GIRLS' WATER POLO**

### **1. REGULATIONS**

Water Polo competition will be in accordance with the rules of the National Federation as modified and adopted by the CIF-San Diego Section unless otherwise provided hereunder.

### **2. TYPE OF LEAGUE COMPETITION**

- a. League schedules will be recommended by coaches, prepared by the Director of Secondary Athletics, and approved by the league on an annual basis.
- b. There will be league competition at the varsity level only. (Extramural J.V. Water Polo is permissible.) Boys' Water Polo will be conducted in the Fall Season. Girls Water Polo will be conducted in the Winter Season. (Board of Managers: June 1996)

### **3. TIME, PLACE, CONDITIONS OF GAMES**

- a. All games will start at 3 p.m. If a double header is scheduled, the first game will start at 2:30 p.m., the second game will start 15 minutes after completion of the first game.
- b. The host school is responsible for securing officials.
- c. Winning team is responsible for reporting the scores to newspapers.

### **4. DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-SAN DIEGO SECTION PLAYOFFS.**

Specific criteria for teams qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section commissioner each year.

## WRESTLING

### 1. REGULATIONS

- Wrestling competition will be in accordance with the rules of the National Federation as modified and adopted by the CIF-San Diego Section unless otherwise provided below.
- Weigh-In Certifications

### 2. TYPE OF LEAGUE COMPETITION

League schedules will be prepared by the Director of Athletics and approved by the league on an annual basis.

### 3. TIME, PLACE, CONDITION OF MEETS

- a. The dual meet schedule will consist of a single round. Meets will be held according to league schedule and will start at 3 p.m. Varsity and junior varsity matches are to be run concurrently where two mats will permit.
- b. City Conference does not recommend scheduling more than one league match.
- c. Adequate head protection will be worn in all league competition. **(San Diego City Schools must require student wrestlers to wear head protection in practice as well as in meets. Athletic Council, April 1996)**
- d. A wrestler becomes ineligible for further competition during the season if, prior to the league championship tournament, he/she accumulates more than 18 competition points according to the following schedule:
  - (1) Participation in a dual meet at any level (1 point)
  - (2) Participation in a tournament at any level (2 points)
- e. Any competition involving two schools shall constitute a dual meet and any competition involving more than two schools shall constitute a tournament.
- f. A Conference meet will take place at the conclusion of the dual meet season. This meet will be under the direction of a host school. The Director of Athletics will assist the host school wherever possible.

Individual and/or team awards are **NOT** to be awarded to winning individuals and/or teams at the league tournaments unless they are purchased and awarded by the school that the wrestler represents. Public funds **MAY NOT** be used to purchase awards.

**DETERMINATION OF CITY CONFERENCE REPRESENTATIVES TO CIF-  
SAN DIEGO SECTION TOURNAMENT.**

Specific criteria for qualifying, playing dates, sites, and other pertinent information will be distributed by the San Diego Section CIF commissioner each year.



**RELATED REFERENCE MATERIALS  
AND FORMS**

## GAME EXPENSES - VARSITY FOOTBALL

A packet of information, including an itemized financial recap, summary of income, and a report of income, will be mailed to each site at the end of the season and must be returned by the time specified on the cover memo.

1. On days when both an afternoon and an evening game are scheduled at a regional stadium, the person assigned as the supervisor of the facility will be responsible for remarking the field between games when such marking is required.
2. Reasonable expenses that MAY be deducted from gate receipts must be itemized and may include:

### A. Game Management

- (1) Security
- (2) Doctor, trainer and/or ambulance
- (3) Ticket sellers and/or takers
- (4) Supervision - A maximum of 10 units of teacher supervision for City Schools by the "HOME" team for **NIGHT GAMES ONLY**.
- (5) Officials\*

### B. Facility Costs

- (1) Varsity, day game - \$200
- (2) Varsity, night game - \$285
- (3) Varsity/J.V. night doubleheader - \$350
- (4) One dollar (\$1) for every ticket sold at a night game.

(For City Schools, this amount will be collected at the end of the season and put into a facility fund to be later used for athletics facility needs throughout the district.) Requests for these funds must be submitted in May, to the Director of Athletics. Distribution will be determined by the Athletic Council at the June meeting.

Note: The costs listed in 1-3 above, could include items such as: custodial time, clean-up, marking of the field, P.A. set-up, announcer, and timer.

3. Facility costs may be increased \$50 for a homecoming game if the clean-up justifies the increase.
4. If both schools are visiting schools to a site, e.g., Crawford vs. Lincoln at Madison, \$30 may be added for line marking material for a grass field.
5. Facility costs for sites other than city schools are to be determined by the site.
- \*6. When a J.V./ Varsity doubleheader is played, a reasonable TOTAL cost of private security, ticket sellers, and/or takers, ambulance, and/or doctor may be deducted from gross gate receipts. **(DO NOT DEDUCT COST OF J.V. OFFICIALS.)**

**\*NOTE:** CITY SCHOOLS: Items that are deducted from gross gate receipts should NOT be submitted to district for reimbursement.

### **CONCESSIONS AT FOOTBALL GAMES**

The school at the site of the stadium has the right to the concessions. School site personnel may contract with an outside vendor or handle it themselves.

### **GAME EXPENSES - VARSITY BASKETBALL (CITY SCHOOLS)**

A packet of information, including an itemized financial recap, summary of income, and a report of income, will be mailed to each site at the end of the season and must be returned by the time specified on the cover memo.

Sites are encouraged to sell tickets at games to increase revenue for the athletics program.

When there are gate receipts, the following expenses must be itemized and **MAY** be deducted from the gate receipts:

1. Officials (**Varsity only.**)
2. Ticket Sellers and/or Takers
3. Security
4. Shot clock operator
5. Official Scorer (adult)

### **RALLIES (OFF CAMPUS), NOISEMAKERS, AND DEMONSTRATIONS**

1. There will be no off-campus rallies, demonstrations, or similar activities associated with the interscholastic athletic program.
2. There will be no night rallies, demonstrations, bonfires, or similar activities.
3. Mechanical/electrical noisemakers are prohibited. No noisemakers that might be confused with the signals of officials will be permitted at any athletic contest.
4. There will be no demonstration after any athletic contest.
5. City Conference will adhere to CIF SDS rules.

### **TRAVEL CONDITIONS**

The Athletic Council has established a maximum travel distance of 150 miles (one way) for athletic teams. Any travel that exceeds the maximum travel distance must be approved by site principal and the Athletic Council. (Athletic Council, February 8, 1961) Out of County travel must be approved by San Diego City School Board, site principal, Athletic Council and follow San Diego City School Administrative Procedures.

**Any school traveling outside of the state or country must follow the guidelines and requirements contained in District Procedure 4585 and CIF SDS Article. 702.**

## **LEAGUING CHANGES**

1. The City Conference will be divided into three (3) leagues; Eastern, Western and Central.
2. All requests for changes in league alignment, for all sports must be made to the City Conference (Director of Athletics) no later than **Oct. 1 of any EVEN year**. A 2/3 majority vote is needed at the next Conference meeting for any recommendation to be forwarded to the Athletic Council.
3. Recommendations for changes to league alignments, approved by the Conference, will be presented to the Athletic Council at their October meeting. Any proposal that is approved will become effective the following school year and will not be changed for a two-year period.
4. League change requests or additions maybe reviewed based on enrollment, strength of program, traditions, safety concerns, geography and transportation.
5. League Changes must be submitted to CIF- San Diego Section Re-leaguings committee and City Conference President for final approval.

## **PARTICIPATING IN A SPORT NOT OFFERED AT SCHOOL OF ATTENDANCE**

If a student wishes to participate in a CIF-sanctioned sport (s) not offered at his/her school of attendance, he or she may not participate as a member of a team in the desired sport at another CIF-member school that does offer the sport (s) in question. (See CIF Regulation 302, which prohibits CIF member schools from applying for multi-school, or multi-campus, status with other member schools.) The student may seek to transfer through SDCS Enrollment Options Program as a full-time student to a school that does offer the desired sport (s). In that case the district regulations regarding athletic eligibility outlined in District Procedure 4172 apply.

## **ATHLETIC ELIGIBILITY OF STUDENTS ATTENDING ATYPICAL SCHOOLS, I.E., SCHOOLS OTHER THAN TRADITIONAL COMPREHENSIVE HIGH SCHOOLS.**

Students who attend district-approved high schools that have been granted multi-school status with district comprehensive high schools under the terms specified by CIF Regulation 302 may be eligible to try out for participation in CIF-sanctioned sports on teams at their schools of residence only. Currently the schools that have been granted such status are **Muir Alternative School, the San Diego School of Creative and Performing Arts, Garfield (ORACLE) and Twain (SOAR), Mt. Everest Academy**, the **MET** school, the **Charter School of San Diego** and the **Audeo Charter** School. In such cases students must meet the CIF and district athletic eligibility requirements described in District Procedure 4172. As specified in Procedure 4172, administrators at schools granted multi-school status must provide the schools of residence with current and continuing documentation regarding the academic and citizenship performance at their students who seek to participate in CIF-sanctioned athletics at their school of residence. They also must provide information about any changes of residency or guardianship by those students.

All requests by atypical schools to be granted multi-school status with the San Diego Unified School District's comprehensive high schools must be submitted by the atypical school's administrators and governing boards to the district's Athletic Council for consideration at the

Council's April meeting. Requests approved by that body must subsequently be approved by SDUSD Board of Education, CIF San Diego Section and by the CIF State Executive Committee.

Students whose district IEPs place them as full-time students in district-approved schools other than the district's comprehensive high schools for special education and / or related services may be eligible to try out for participation in athletics at their SDUSD schools of residence. (See District Procedure 4172, C.8.b. [1].)

### **RESIDENTIAL TRANSFER RULE**

Students who transfer because of a change in residence of their parents, legal guardian, or caregiver (*with whom they lived with when original residential eligibility was established*) are eligible immediately in their new school, provided they were eligible in the sending school at the time of transfer (*CIF Bylaw 211*).

A student who transfers, or is transferred, from school A to school B without a change of address on the part of his/her parents, legal guardian, or caregiver with whom the student was living when the student established residential eligibility in school attendance area A shall be residentially ineligible to participate, at the VARSITY level, for one (1) year from the first date of attendance at school B.

The one-year period of residential ineligibility, at the VARSITY level, is applicable only to sports in which the student has competed in any level of interscholastic competition during the 12-calendar months preceding the date of such transfer (CIF Rule 214, Section C.)

Immediate residential eligibility is granted for all sports at the J.V. level and the VARSITY level in which the student did not participate at any level during the twelve (12) months preceding the transfer.

### **Appeals for waiver of the Residential Transfer Rule:**

- 1.If the schools involved (School A and school B) are both schools within the San Diego Unified School District, the appeal must be made to the District Director of Athletics on the City Conference Residential Transfer Rule Appeal Form and Application for Waiver of CIF Transfer Rule (CIF Form 510). CIF Form 510 and CIF Form 207 can be obtained from [www.sandi.net/athletics](http://www.sandi.net/athletics) (Forms) or from [www.CIFSDS.org](http://www.CIFSDS.org) .
2. Student Athlete is not to compete until official notification from district Director of Athletics.
3. If School A or B, is not a school within the San Diego Unified School District, the appeal must be made to the CIF-SD Section Commissioner. Appeal must be made on the City Conference Transfer Appeal Form, Athletic Transfer Eligibility Clearance Form (CIF Form 207) and Application for Waiver of CIF Transfer Rule (CIF Form 510).
4. Student athletes transferring using San Diego City Schools programs, VEPP, Choice, Magnet, No Child Left Behind, SIP, Administrative Placement, and Charter schools are not athletically eligible and must sit out one year. If a student has participated at any level of athletic competition during the twelve (12) calendar months preceding the date of transfer, then he/she would be ineligible for varsity-level

competition in the sport(s) in which the student participated for twelve (12) calendar months from the date of first attendance at the new school

5. In matters of appeals related to transfer eligibility, the Athletics Office of San Diego City Schools follows the requirement of CIF bylaws 207.
6. Athletic Office of San Diego City Schools should be notified of all CIF-SDS appeals, infractions and outcomes.

**The Charter School of San Diego (CSSD) and Audeo Charter  
Administrative Policy – Approval of Interscholastic Athletic participation – Effective  
July, 1, 2004**

Students must submit a letter formally requesting CSSD and Audeo Charter an administrative approval to participate in a CIF sport. Participation in CIF sports is a privilege and not a right.

The following guidelines will be used to determine approval or denial of request. The classroom teacher must document evidence that the student meets each criterion. Charter School of San Diego and Audeo Charter students requesting approval to participate in CIF sports must meet the following criteria:

- Students must have been actively enrolled at CSSD or Audeo Charter for a minimum of two (2) full months before requesting approval.
- Students must be working toward graduation (diploma, GED, CHSPE).
- Students cannot be enrolled in an online program.
- Student must be in good standing in relation to their completion of work as assigned by the classroom teacher. Any missing assignments will disqualify a student from participation in CIF sports.
- Students must be no more than 6 credits behind their appropriate grade level.
- Students must have a CSSD or Audeo Charter grade point average and citizenship grade no lower than a 2.0 .
- Must meet all CSSD, Audeo Charter, SDUSD, City Conference and CIF requirements for eligibility.

Interest in playing a CIF sport at the resident school should be discussed with the classroom teacher. Letters should be directed to the Student Services Coordinator. Individual situations involving mitigating circumstances may be referred by the CSSD SSC Coordinator to the CSSD President and CEO for local determination. Approved petitions (Athletic hardship appeals) shall be referred to the Director of Athletics for San Diego City Schools. Approval may be withdrawn if any time the student(s) fails to meet the criteria for approval. If this occurs, the School will immediately notify the SDCS Director of Athletics.

For further information:

San Diego City Schools Administrative Procedure 4172

CIF San Diego Section Rules – 200, 202, 204, 205, 209, 211, 214, 217, 302, and 305.

San Diego City Schools  
**RESIDENTIAL TRANSFER RULE**

**APPEAL FORM**

**Hardship Waivers CIF Rule 208:** 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. Transfer student athletes do not have athletic eligibility (i.e. transportation, or education is not a hardship).

**Please attach a completed (signed) CIF Form 510 and 207 with the completed City Conference and SDUSD Hardship Appeal Form (Residential Transfer Rule).**

---

\_\_\_\_\_  
**Name of Student**

\_\_\_\_\_  
**Male / Female**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**Telephone**

\_\_\_\_\_  
**List all schools attended, grades and dates**

\_\_\_\_\_  
Current School           ? Unlimited Eligibility  
                                  ? Limited Eligibility

**Please circle if applicable:**  
VEEP, MAGNET, CHOICE,  
NO CHILD LEFT BEHIND,  
SIP, CHARTER.

We wish to appeal the one-year ineligibility restriction for the above-named transfer student at our school and request that residential eligibility be granted for interscholastic athletics.

Please use a separate letter to describe rational of hardship. Required documentation: Official transcripts, proof of residency, finalized court documentation, other documents upon request.

\_\_\_\_\_  
By my signature, 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 athletic eligibility application, it is discovered that this approval was granted on false, inaccurate, or incomplete information, severe penalties affecting the future eligibility of this student-athlete may result (CIF 200.E).

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Principal

\_\_\_\_\_  
New School

\_\_\_\_\_  
Date

**Signature of Principal does not grant athletic eligibility.**

---

**FORMER SCHOOL**

The above-named student has competed for our high school in the following sport(s) at any level during the 12-month period preceding his/her last day of attendance:

____ Badminton	____ Field Hockey	____ Soccer	____ Track & Field
____ Baseball	____ Football	____ Softball	____ Volleyball
____ Basketball	____ Golf	____ Swimming	____ Water Polo
____ Golf	____ Cross Country	____ Wrestling	

Check one:

\_\_\_\_ I have **no objection** to this student being granted immediate residential eligibility at the varsity level. (This does not mean appeal has been approved)

\_\_\_\_ I **object** to this student being granted immediate residential eligibility at the varsity level.

Brief reason: (Use back of form, if necessary) \_\_\_\_\_

\_\_\_\_\_  
Signature of Principal

\_\_\_\_\_  
Former School

\_\_\_\_\_  
Date

**Signature of Principal does not grant athletic eligibility**

---

\_\_\_\_ Approved

\_\_\_\_ Disapproved

\_\_\_\_\_  
Bruce Ward, Director of Athletics

\_\_\_\_\_  
Date



**San Diego City Schools  
CITY CONFERENCE**

**REQUEST FOR LEAGUE CHANGE/ADDITION OF SPORT**

A request for a league change or to add a sport must be submitted to the Director of Athletics for the City Conference by **Oct. 1 of any even-numbered year for all sports.**

\_\_\_\_\_ would like to request that the City Conference consider moving our school  
Name of School

from the \_\_\_\_\_ to the \_\_\_\_\_  
League League

in the sport of \_\_\_\_\_ beginning the school year \_\_\_\_\_, for the  
Name of Sport Year

following reasons:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

League won-and-loss record for the past four years is:

Won \_\_\_\_\_ Lost \_\_\_\_\_ Year \_\_\_\_\_ Won \_\_\_\_\_ Lost \_\_\_\_\_ Year \_\_\_\_\_

Won \_\_\_\_\_ Lost \_\_\_\_\_ Year \_\_\_\_\_ Won \_\_\_\_\_ Lost \_\_\_\_\_ Year \_\_\_\_\_

\_\_\_\_\_  
Athletic Director

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Principal's Signature

\_\_\_\_\_  
Date

---

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Conference Approval: Yes \_\_\_ No \_\_\_ Date: \_\_\_\_\_

Athletic Council Approval: Yes \_\_\_ No \_\_\_ Date: \_\_\_\_\_

This change will become effective with the \_\_\_\_\_ league schedule.  
School Year



**SAN DIEGO CITY SCHOOLS**  
**Athletics Office**  
**CONDITIONS OF EMPLOYMENT**  
**Athletic Team Coach**  
**(Certificated and Non-certificated)**

Pursuant to Title 5, California Code of Regulations, Section 5593, all coaches of athletic teams must demonstrate qualifications and competencies in the areas set forth below. Each applicant must complete and sign this form and provide all required documentation prior to employment.

**QUALIFICATIONS AND COMPETENCIES**

**1. Care and prevention of athletic injuries, basic sports injury first aid, and emergency procedures as evidenced by one or more of the following: (Check any that are applicable.)**

- a. Completion of a college-level course in the care and prevention of athletic injuries and possession of a valid cardiopulmonary resuscitation (CPR) card.
- b. A valid sports injury certificate or first aid card, and a valid CPR card.
- c. A valid Emergency Medical Technician (EMT) I or II card.
- d. A valid trainer's certification issued by the National or California Athletic Trainer Association. (NATA/CATA).
- e. Practical experience under the supervision of an athletic coach or trainer, or experience assisting in team athletic training and conditioning and possession of valid CPR and first aid cards.
- f. Waiver. Person is enrolled in a training program related to this requirement.

Explain: \_\_\_\_\_

**2. Coaching theory and techniques in the sport or game being coached, as evidenced by one or more of the following:**

- a. Completion of a college course in coaching theory and techniques.
- b. In-service programs arranged by a school district or a county office of education.
- c. Prior service as a student coach or assistant athletic coach in the sport or game being coached.
- d. Prior participation in organized competitive athletics at high school level or above in the sport to be coached.
- e. Waiver. Person is enrolled in a training program related to this requirement.

Explain: \_\_\_\_\_

(over)

**3. Coaching Education Certification is mandated by State CIF. All coaches must be certified by January 2008 to be allowed to assume any coaching assignments.**

**4. Knowledge of the rules and regulations pertaining to the sport or game being coached, the league rules and regulations of the CIF.**

- a. Applicant has received a copy of the CIF regulations, league rules, and rules of the sport to be coached, certifies that he/she has read and understands same, and demonstrates an understanding of such rules and regulations.
- b. Waiver. Person is enrolled in a training program related to this requirement.  
Explain: \_\_\_\_\_

**5. Child or adolescent psychology as it relates to sports participation as evidenced by one or more of the following:**

- a. Completion of a college-level course in adolescent or sports psychology.
- b. Completion of a seminar or workshop on human growth and development of youth.
- c. Prior active involvement with youth in a school or community sports program.
- d. Waiver. Person is enrolled in a training program related to this requirement.  
Explain: \_\_\_\_\_

**6. Code of Ethical Conduct.**

- a. Applicant has been given a copy of the Ethics in Sports and "Code of Ethical Conduct" as stated in Section 5596 of Title 5, California Code of Regulations.

**NOTE:**

- 1. Any person who qualifies to coach because he/she obtained a waiver must serve under the immediate supervision of a fully qualified athletic team coach until all eligibility requirements are met.**
- 2. Non-certificated coaches shall have no authority to give grades to students.**

I, the undersigned applicant, hereby certify that the foregoing information is true and correct and that I shall promptly notify the school principal of completion or any termination of participation in the training programs listed above.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

## CODE OF ETHICAL CONDUCT

Each school district shall, no later than 90 days subsequent to the filing of this chapter with the Secretary of State, implement the following listed standards of ethical conduct for each temporary, probationary, or permanent employee of a school district providing supervisory and instructional services in interscholastic athletic programs and activities. Any specified person providing such services to the district shall:

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. Properly instruct players in the safe use of equipment.
9. Avoid exerting undue influence on a pupil's decision to enroll in an athletic program at any public or private post-secondary educational institution.
10. Avoid exerting undue influence on pupils to take lighter academic course(s) in order to be eligible to participate in athletics.
11. Avoid suggesting, providing, or encouraging any athlete to use nonprescription 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, or American Medical Association.
12. Avoid recruitment of athletes from other schools.
13. 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.

*Coaches, parents, athletes, and the Officials Association President must sign and return the "Ethics in Sports" policy and conduct statements in order to participate in San Diego City Schools athletics programs. See attached 3 forms for Ethics in Sports.*

\*Title 5, Barclays California Code of Regulations



## ETHICS IN SPORTS

### I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in live, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators; and behavior by all involved away from contests should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations. Those rules and regulations will be enforced through each coach, school administration, league, and/or Section Commissioner.
- Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.
- It will be the school Principal who assumes responsibility for enforcement of the rules and regulations established by the membership and to demand high standards of conduct from coaches, athletes, and spectators.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, coach, and officials association as a guide to govern their behavior. Penalties for failure to submit a signed Code of Ethics are:
  1. Athlete Ineligibility for participation in CIF-San Diego Section athletics
  2. Coach Restricted from coaching in CIF-San Diego Section contests
  3. Officials Association Not approved to officiate in the CIF-San Diego Section
  4. Parent Prohibition/removal from attendance at CIF or CIFSDS events

### II. CODE OF ETHICS FOR STUDENT-ATHLETE, COACH, CONTEST OFFICIAL, PARENT

- Embrace the six pillars of 16 Principles of the Pursuing Victory with Honor program.
- Be courteous at all times with school officials, opponents, game officials, and spectators.
- Exercise self control.
- Be familiar with all rules of the contest.
- Show respect for self, players, officials, coaches, and spectators.
- Refrain from the use of foul and/or abusive language at all times.
- Respect the integrity and judgment of game officials.
- Abstain from the use of illegal and nonprescription drugs, anabolic steroids, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
- Win with character; lose with dignity.

I have read and I understand the Policy Statement, the Code of Ethics, and the Violations, Minimum Penalties, and Appeal Process (on reverse side) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or spectating at CIFSDS athletic events regardless of contest site or jurisdiction.

\_\_\_\_\_  
Signature – Coach

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date



## **Pursuing Victory with Honor**

### **Six Pillars of Character**

**Trustworthiness**

**Respect**

**Responsibility**

**Fairness**

**Caring**

**Good Citizenship**

#### **Sixteen 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, 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 the 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 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 pressures 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 coached 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 sports 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.
15. Schools that offer athletics 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 teaching. In addition to teaching 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.

## ETHICS IN SPORTS

### III. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in live, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators; and behavior by all involved away from contests should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations. Those rules and regulations will be enforced through each coach, school administration, league, and/or Section Commissioner.
- Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.
- It will be the school Principal who assumes responsibility for enforcement of the rules and regulations established by the membership and to demand high standards of conduct from coaches, athletes, and spectators.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, coach, and officials association as a guide to govern their behavior. Penalties for failure to submit a signed Code of Ethics are:
  1. Athlete Ineligibility for participation in CIF-San Diego Section athletics
  2. Coach Restricted from coaching in CIF-San Diego Section contests
  3. Officials Association Not approved to officiate in the CIF-San Diego Section
  4. Parent Prohibition/removal from attendance at CIF or CIFSDS events

### II. CODE OF ETHICS FOR STUDENT-ATHLETE, COACH, CONTEST OFFICIAL, PARENT

- Embrace the six pillars of 16 Principles of the Pursuing Victory with Honor program.
- Be courteous at all times with school officials, opponents, game officials, and spectators.
- Exercise self control.
- Be familiar with all rules of the contest.
- Show respect for self, players, officials, coaches, and spectators.
- Refrain from the use of foul and/or abusive language at all times.
- Respect the integrity and judgment of game officials.
- Abstain from the use of illegal and nonprescription drugs, anabolic steroids, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
- Win with character; lose with dignity.

I have read and I understand the Policy Statement, the Code of Ethics, and the Violations, Minimum Penalties, and Appeal Process (on reverse side) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or spectating at CIFSDS athletic events regardless of contest site or jurisdiction.

---

Signature – Officials Association President

---

Printed Name

---

Date

SAN DIEGO CITY SCHOOLS  
Athletics Office

ATHLETIC POLICY AGAINST HAZING

San Diego Unified School District strives to maintain a healthy athletic program in which all students feel safe and welcome and can be proud of the school and the athletic programs they represent. SDUSD Administrative Procedure 6240C3F states in part “*hazing in any form, is strictly prohibited. Violation of the law prohibiting hazing is a misdemeanor.*” (Education Code 32050-52)

**Education Code 32050. Hazing**

As used in this article, “hazing includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term “hazing” does not include customary athletic events or other similar contests or competitions.

**Education Code 32051. Hazing; prohibition; violation; misdemeanor**

No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5000), or imprisonment in the county jail for not more than one year, or both.

Persons violating this policy shall be subject to site/District discipline, including forfeiture of athletic eligibility.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus.

By signing below, I agree to uphold this District policy and understand that any violation will result in my immediate suspension from athletics and further disciplinary action as outlined in District policy and procedures.

\_\_\_\_\_  
Athlete’s Name (Print)

\_\_\_\_\_  
Athlete’s Signature

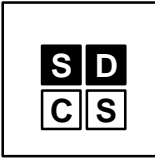
\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach’s Signature





<b>SUBJECT: ENVIRONMENTAL EMERGENCIES (Chemical Spills, Asbestos Fiber Release, Air Pollution Alerts)</b>	<b>PAGE: 1 OF 5</b>
	<b>DATE REVISED: 7-13-2001</b>

**BACKGROUND**

In the event of site environmental emergencies including chemical spills, asbestos fiber release episodes, and air pollution alerts, principals/site administrators and staff must be able to react quickly and effectively to prevent injury or illness.

In any disaster/emergency situations, principal/site administrator shall be responsible for the safety of, and accountability for, staff and students. In any life-threatening situation, staff/teacher shall take immediate action to provide for the safety of staff and students without waiting for directions from principal/site administrator.

**CHEMICAL SPILLS**

**Administrative Staff**

- Assess location of chemical spill and determine appropriate action to take for safety of students and others (i.e., evacuation of room, building, or site).
- Secure the affected area and do not allow staff or students to re-enter until condition has been controlled.
- Activate specific components of the site disaster/emergency preparedness plan for any life-threatening situation, as appropriate.
- Notify School Police Services using 800 MHz radio or by telephone immediately.

**On-Site Incidents**

**Administrative Staff:**

- Assess situation and determine appropriate action to be implemented. Contact “911” if needed. Obtain information about the substance that has been released. If possible, provide product information.
- Evacuate if necessary. Assure that staff/students move crosswind or upwind from problem area to avoid inhalation of vapors and proceed in orderly fashion to designated safe area.
- Provide first aide/emergency care if needed.

SUBJECT: <b>ENVIRONMENTAL EMERGENCIES (Chemical Spills, Asbestos Fiber Release, Air Pollution Alerts</b>	PAGE: 2 OF 5
	DATE REVISED: 7-13-2001

- Keep staff/students in designated area until problem is resolved or until further instructions are received from authorities.
- School Police Services will contact the Communications office to assist site staff with media inquiries and communications to parents/community as needed.

### Off-Site Incidents

#### Administrative Staff:

- Determine appropriate action after notification by police or fire department; notify and consult with School Police Services Department, Office of the Superintendent, or Risk Management Department.
- Determine *whether or not* to evacuate, appropriate evacuation route, and designated safe area under direction by police/fire department; supervise evacuation process.
- Keep staff/students in designated safe area until problem is resolved or further instructions are received. (If site must be closed, refer to Administrative Procedure 5003.)
- Contact the Communications Office to assist site staff with media inquiries and communications to parents/community as needed.

**ASBESTOS FIBER RELEASE EPISODE:** (Disturbance of asbestos-containing material may cause asbestos fiber release which could create a potential health risk for building occupants. Principals/site administrators are responsible for maintaining the site asbestos management plan in a readily accessible location.)

#### Administrative Staff

- ❑ Immediately evacuate building occupants and restrict entry into area.
- ❑ Shut off or restrict ventilation system and other sources of air movement.
- ❑ Contact Equipment/Safety Services Program Supervisor at (858) 627-7191 for direction before conducting future action. (In his/her absence, contact the Maintenance and Operations Director at (858) 627-7121.)
- ❑ **The Equipment/Safety Services Program Supervisor** shall determine appropriate response actions, including verification of an actual asbestos fiber release and cleanup procedures.

<b>SUBJECT: ENVIRONMENTAL EMERGENCIES (Chemical Spills, Asbestos Fiber Release, Air Pollution Alerts</b>	<b>PAGE: 3 OF 5</b>
	<b>DATE REVISED: 7-13-2001</b>

**AIR POLLUTION ALERTS**

- ❑ Air pollution alerts occur when 0.20 parts pollutant per million (PPM) or greater air quality concentrations exist.
  - **Stage I Alert:** Occurs when air quality consists of 0.20 parts pollutant per million (PPM).
  - **Stage II Alert:** (A “warning” stage) occurs when air quality consists of 0.35 parts pollutant per million (PPM).
  - **Stage III Alert:** (“Emergency stage”) occurs when air quality consists of 0.50 parts pollutant per million (PPM) or higher.
- ❑ **Air quality forecasts** may be obtained by calling (858) 650-4777 (telephone tape for the San Diego metropolitan area). Forecast gives anticipated starting time and expected duration of alert.
  - **Current day forecasts** are updated each day as needed.
  - **Next day forecast** is available after 4:30 p.m. of current day.
  - **In-depth forecasts** may be obtained by calling the Air Pollution Control District at (858) 650-4707.

**In the Event of Air Pollution Alert**

- ❑ **The Student Support Services Department** is notified by the Air Pollution Control District (APCD).
- ❑ **The Student Support Services Director** informs the Office of the Superintendent, Communications and Community Relations Division, Institute for Learning, Physical Education Coordinator, Athletics Manager, and instructional leaders that there is an air pollution alert.
- ❑ **Instructional leaders** notify principals of the air pollution alert.

**Note:** The Air Pollution Control District (APCD) does not issue an alert for fires. A local area may be affected by smoke or ash. Principals/site administrators are to use discretion in suspending outdoor physical activity.

<b>SUBJECT: ENVIRONMENTAL EMERGENCIES (Chemical Spills, Asbestos Fiber Release, Air Pollution Alerts</b>	<b>PAGE: 4 OF 5</b>
	<b>DATE REVISED: 7-13-2001</b>

- ❑ **Principals** make the following changes to school programs:
  - In a Stage I alert, students from athletic teams, band, drill teams, etc., shall be allowed to remain outdoors. Remaining outdoors reduces exposure by as much as 50 percent.
  - *In a Stage I alert, students shall be advised that participation in outdoor physical activities during alert is not required.*
  - Strenuous outdoor physical activities for all students shall be discontinued; activities of a less strenuous nature should be substituted. Intensity of an activity and its potential for increasing the respiration rate for an extended period may be deciding factors for canceling certain activities. Heat and stress aggravate respiratory problems; the younger the child, the greater the risk of aggravating the upper respiratory system.
  - In a Stage II or Stage III alert, students *shall* remain indoors for the duration of an alert; those with respiratory or heart problems should be monitored.

**Activities During a Scheduled Athletic Event**

- ❑ **After notification** of a Stage I alert, administrative staff shall keep informed of smog conditions by contacting the APCD at (858) 650-4707, to determine the need for canceling a scheduled athletic event.
- ❑ **Outdoor events** may be controlled when an alert exists or is in the forecast.
  - If a Stage I alert is forecast during an outdoor athletic event, the event should be canceled or rescheduled.
  - If a Stage I alert exists at the start of an athletic event, the event should be postponed or canceled.
  - If a Stage II or Stage III alert occurs, students shall remain indoors for the duration of the alert.

**LEGAL AND POLICY CONSIDERATIONS**

California Code of Regulations, Title 22  
Environmental Protection Agency (EPA) Final Rule Act (AHERA), 40 CFR Subpart E,  
October 30, 1987

<b>SUBJECT: ENVIRONMENTAL EMERGENCIES (Chemical Spills, Asbestos Fiber Release, Air Pollution Alerts</b>	<b>PAGE: 5 OF 5</b>
	<b>DATE REVISED: 7-13-2001</b>

**Board Policy:** G-2000, H-7900, H-7920

**REFERENCE MATERIAL**

Site Disaster/Emergency Preparedness Plan  
Asbestos Management Plans

<b>ORIGINATOR:</b>	<u>RISK MANAGEMENT DEPARTMENT</u>
<b>DATE EFFECTIVE:</b>	<u>MAY 1, 2000</u>
<b>LAST REVIEWED:</b>	
<b>RELATED PROCEDURES:</b>	<u>EP 02, EP 05, EP 12, EP 15, EP 16, 5003</u>
<b>REPLACED PROCEDURES:</b>	<u>EP 08 DATED 7-12-89, EP 33 DATED 10-22-91, EP 34 DATED 8-2-91</u>

**APPROVED BY**

\_\_\_\_\_  
Chief of Staff, Terrance L. Smith  
For the Superintendent of Public Education



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**CITY CONFERENCE LEAGUE ALIGNMENT  
2007-2008**

**Eastern**

Henry  
Kearny  
Mira Mesa  
Morse  
Point Loma  
San Diego  
Serra  
Lincoln

**Western**

La Jolla  
Mission Bay  
Scripps Ranch  
St. Augustine/OLP  
University City  
Cathedral

**Harbor**

Christian  
Clairemont  
Coronado  
Crawford  
Hoover  
Madison

**Note:** Bishop's participates in selected sports.

Deviations have been made to the "basic" league alignment in some sports to balance out the number of teams in a league caused by schools not fielding a sport and to create a better competitive balance within a given sport.

**THE LEAGUE ALIGNMENTS FOR EACH SPORT  
ARE ON THE FOLLOWING PAGES.**

November 2007



**FALL SPORTS**

**FOOTBALL**

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	Hoover	Clairemont
Mira Mesa	La Jolla	Crawford
Scripps Ranch	Mission Bay	Coronado
St Augustine	Serra	Kearny
Cathedral	Uni City	Madison
Lincoln	Point Loma	Morse
		San Diego

**CROSS COUNTRY**

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	Hoover	Christian
Kearny	La Jolla	Clairemont
Mira Mesa	Mission Bay	Coronado
Morse	Saints/OLP	Crawford
Point Loma	Scripps Ranch	Madison
San Diego	University City	Lincoln
Serra	Cathedral	

**FIELD HOCKEY**

<u>Eastern</u>	<u>Western</u>
Clairemont	Bishop's
Henry	Madison
Mira Mesa	Scripps Ranch
University City	Cathedral
Serra	Point Loma
Morse	Mission Bay
	La Jolla

**WOMEN'S TENNIS**

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	Coronado	Christian
Mira Mesa	La Lolla	Clairemont
Mission Bay	OLP	Crawford
Morse	Scripps Ranch	Hoover
Point Loma	University City	Kearny
San Diego	Cathedral	Madison
Serra		Lincoln

**WOMEN'S VOLLEYBALL**

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Coronado	La Jolla	Clairemont
Henry	Mira Mesa	Crawford
Mission Bay	Christian	Lincoln
Morse	Scripps Ranch	Hoover
San Diego	University City	Kearny
Serra	Cathedral	Madison
OLP	Point Loma	

**MEN'S WATER POLO**

<u>Eastern</u>	<u>Western</u>
Clairmont	Bishop's
Henry	Coronado
La Jolla C.Day	La Jolla
Mira Mesa	Scripps Ranch
Mission Bay	University City
Morse	Cathedral
Point Loma	

**WOMEN'S GOLF**

<b>Eastern</b>	<b>Western</b>
Crawford	Coronado
Kearny	La Jolla
Mira Mesa	Scripps Ranch
OLP	University City
Patrick Henry	Cathedral



## WINTER SPORTS

### MEN'S BASKETBALL

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	La Jolla	Christian
Kearny	Mission Bay	Clairemont
Mira Mesa	Scripps Ranch	Coronado
Morse	St. Augustine	Crawford
Point Loma	University City	Hoover
San Diego	Cathedral	Madison
Serra	Lincoln	

### WOMEN'S BASKETBALL

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	La Jolla	Christian
Kearny	Mission Bay	Clairemont
Mira Mesa	OLP	Coronado
Morse	Scripps Ranch	Crawford
Point Loma	University City	Hoover
San Diego	Cathedral	Madison
Serra	Lincoln	

### MEN'S SOCCER

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	La Jolla	Christian
Mira Mesa	Kearny	Clairemont
Morse	Mission Bay	Coronado
Point Loma	St. Augustine	Crawford
San Diego	University City	Hoover
Scripps Ranch	Cathedral	Madison
Serra		Lincoln

### GIRLS' SOCCER

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	Christian	Clairemont
Mira Mesa	Coronado	Crawford
Morse	La Jolla	Hoover
Point Loma	OLP	Kearny
San Diego	Scripps Ranch	Madison
Serra	University City	Mission Bay
	Cathedral	Lincoln

### WRESTLING

<u>Eastern</u>	<u>Western</u>	<u>Central</u>
Henry	La Jolla	Clairemont
Mira Mesa	Madison	Crawford
Morse	Mission Bay	Hoover
Point Loma	St. Augustine	Kearny
San Diego	University City	Serra
Scripps Ranch	Cathedral	Lincoln

### WOMEN'S WATER POLO

<u>Eastern</u>	<u>Western</u>
Clairemont	Bishop's
Mira Mesa	Coronado
Mission Bay	Henry
Morse	La Jolla
Pt. Loma	Scripps Ranch
Serra	Cathedral
La Jolla C. Day	University City



**SPRING SPORTS**

**TRACK, MEN'S and WOMEN'S**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Henry	Kearny	Clairemont
Mira Mesa	La Jolla	Christian
Morse	Mission Bay	Coronado
Point Loma	Saints / OLP	Crawford
San Diego	Scripps Ranch	Hoover
Serra	Cathedral	Madison
University City		Lincoln

**MEN'S TENNIS**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Henry	Coronado	Christian
Mira Mesa	La Jolla	Clairemont
Mission Bay	Scripps Ranch	Crawford
Morse	St. Augustine	Lincoln
Point Loma	University City	Hoover
San Diego	Cathedral	Kearny
Serra		Madison

**SOFTBALL**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Christian	Clairemont	Crawford
Henry	Coronado	Hoover
Mira Mesa	La Jolla	Kearny
Morse	Mission Bay	Madison
Scripps Ranch	Point Loma	OLP
Serra	University City	San Diego
	Cathedral	Lincoln

**SWIMMING**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Clairemont	Bishop's	Christian
Mira Mesa	Coronado	Hoover
Mission Bay	Henry	Kearny
Pt Loma	La Jolla	Morse
Saints/OLP	Scripps Ranch	San Diego
Serra	University City	
La Country Day	Cathedral	

**BASEBALL**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Henry	Clairemont	Christian
Mira Mesa	Coronado	Crawford
Morse	La Jolla	Hoover
San Diego	Mission Bay	Kearny
Scripps Ranch	Point Loma	Madison
Serra	Cathedral	Lincoln
St. Augustine	University City	

**BADMINTON**

<b><u>Conference</u></b>	
Mira Mesa	Madison
Hoover	La Jolla
Henry	Crawford
Morse	Mission Bay
Kearny	Scripps Ranch
Point Loma	Cathedral
San Diego	University City
Serra	Clairemont
Lincoln	

**MEN'S VOLLEYBALL**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Henry	Cathedral	Bishop's
Kearny	La Jolla	Coronado
Mission Bay	Mira Mesa	Christian
Morse	Parker	Clairemont
Point Loma	Scripps Ranch	Crawford
San Diego	St. Augustine	Lincoln
	University City	Hoover

**MEN'S GOLF**

<b><u>Eastern</u></b>	<b><u>Western</u></b>	<b><u>Central</u></b>
Henry	La Jolla	Christian
Kearny	Mission Bay	Clairemont
Mira Mesa	Scripps Ranch	Coronado
Morse	St. Augustine	Crawford
Point Loma	University City	Hoover
San Diego	Cathedral	Madison
		Lincoln



San Diego City Schools Student Athletic Interest Survey

The purpose of this survey is to ensure that our athletic programs provide students with an opportunity to pursue their athletic interests. The degree of student interest or lack of interest in athletics activities will be used to help determine what sports the district will offer. Every effort will be made to satisfy students requests based on the interest recorded in this survey.

Please complete survey and answer each question carefully. Be sure that you rank order the different sports that either you prefer to play or that you feel would satisfy your interest and abilities. One (1) the highest rank.

**Grade** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**Race/Ethnicity (optional)** \_\_\_\_\_ **Date** \_\_\_\_\_

I. CIF Sports: I have participated in and will continue to play: (Rank in order 1-6; 1 is most preferred; 6 is least preferred.)

- |                     |                         |
|---------------------|-------------------------|
| _____ Badminton     | _____ Soccer            |
| _____ Baseball      | _____ Softball          |
| _____ Basketball    | _____ Swimming & Diving |
| _____ Cross Country | _____ Tennis            |
| _____ Field Hockey  | _____ Track and Field   |
| _____ Football      | _____ Volleyball        |
| _____ Golf          | _____ Water Polo        |
| _____ Gymnastics    | _____ Wrestling         |
| _____ Lacrosse      | Other _____             |
|                     | _____                   |

II. Athletic Offerings that I have not played but would like to play: (Rank Order 1-6; 1 is most preferred; 6 is least preferred.)

- |                     |                         |
|---------------------|-------------------------|
| _____ Badminton     | _____ Soccer            |
| _____ Baseball      | _____ Softball          |
| _____ Basketball    | _____ Swimming & Diving |
| _____ Cross Country | _____ Tennis            |
| _____ Field Hockey  | _____ Track and Field   |
| _____ Football      | _____ Volleyball        |
| _____ Golf          | _____ Water Polo        |
| _____ Gymnastics    | _____ Wrestling         |
| _____ Lacrosse      | Other _____             |
|                     | _____                   |

III. What do you like about the sports program in our schools?

IV. How do you think the program could be improved?

V. If you have no interest being involved with interscholastic athletic participation, check here \_\_\_\_\_

VI. What activities do you have an interest in?

- Club (outside) sports \_\_\_\_\_ Cheerleading \_\_\_\_\_ Drill Team \_\_\_\_\_
- Drama Team \_\_\_\_\_ Debate \_\_\_\_\_ Dance \_\_\_\_\_
- Others \_\_\_\_\_



STEROIDS

Note: The following agreement is based on a sample developed by the California Interscholastic Federation.

AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING USE OF STEROIDS

\_\_\_\_\_ (print name of student Athlete)

Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the \_\_\_\_\_ (district name) \_\_\_\_\_ School/District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him /her, including, but not limited to, restriction from athletics, suspension, or expulsion.

\_\_\_\_\_  
Signature of student athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date



## Cheer Advisor Handbook

### I. Cheer Advisor Responsibilities

#### A. Forms

1. Athletic Participation Packet - Ethics in Sports, Six Pillars of Character, Substance Abuse, Hazing, Potential Injury, Instruction to Drivers
2. District Permission Slips
3. Field Trip Forms and Procedures
4. Health Form/Insurance
  - a. Informed consent awareness of sports injury risk warning & agreement
  - b. Current physical
  - c. Accident insurance coverage
  - d. Emergency treatment release form (Since this form should have insurance information, specific medical needs, and a parent signature, it should accompany the cheerleader at all times.)

#### B. Supervision

1. Football and Basketball - Cheer advisor or other designated credentialed individual shall supervise the JV and Varsity squads at all home and away games.
2. Other Sports and Activities - Cheer advisor or other designated credentialed individual shall supervise at each event where members are assigned.
3. When the squad is split to cover more than one activity, a credentialed person shall be designated at each site with responsibility for the squad members present.
4. Practice - The Cheer Advisor **must** supervise every practice, on or off campus.
5. Camp/Competition – A certificated individual, preferably the advisor, must attend camp or competitions with the squad.

#### C. Transportation

1. All participants must have a parent permission slip and/or a field trip form.
2. When possible, the team should travel together. The squad should always enter the contest area as a group with the advisor.
3. Student Drivers – Complete the district form “Instruction to Drivers” for each student who may drive other students and attach a letter from the parent authorizing the student to transport other students.

## D. Eligibility

1. The requirement is 2.0 in scholarship and citizenship. A cheerleader's first responsibility is to his/her academic program. The academic process should not be compromised by participating in cheerleading.
2. The Rules and Regulations (Benching Policy) should be discussed with the cheerleaders and parents at the beginning of the season. Parent signatures acknowledging expectations and consequences are extremely important.
3. Cheerleader must be a fulltime student at the school they participate.

## E. Leadership

1. Create a healthy and safe emotional environment, free of fear, discrimination, abuse, and harassment.
2. Teach and model good citizenship and sportsmanship.
3. Prior to the first game, all cheerleaders should be instructed in game rules, crowd control, signs, etiquette, sportsmanship, and safety.
4. Building a successful team that works together for the common good includes the following:
  - a. Clear communication – Clear communication skills and listening to understand will help them to turn conflict into personal development.
  - b. Teamwork – Teamwork is a combination of cooperation, solidarity, collaboration, and working together. A strong squad becomes one in purpose and desire.
  - c. Teambuilding – Teambuilding activities and a fun way to develop cohesiveness, encourage discussion, and increase productivity.
  - d. Motivation – Maintaining a team's enthusiasm should be a top priority.

## F. Practice

1. Conduct practices in a safe physical environment with appropriate equipment.
2. The Cheer Advisor **must** supervise every practice, on or off campus.
3. Provide a practice schedule and set of guidelines/rules/expectations.
4. Cheerleaders must be physically able to participate.
5. Match athletes by size, experience, and ability.
6. Be sensitive to health and well-being of athletes and provide proper medical or emergency care
7. Arrangements should be made for all cheerleaders to be assigned to a class the same period (i.e. Athletics) and use class time for practice and organization.
8. The advisor should work with the administration in arranging suitable facilities and adequate supervision for all required practices and meetings.

## **F. Practice (continued)**

9. Practice should include:
  - a. warm-up to help reduce injuries and soreness.
  - b. conditioning to maintain a high level of fitness.
  - c. stretching to increase range of motion and reduce injury.
  - d. strength training for endurance, muscle tone, and efficient performance.

## **G. Stunting/Safety**

1. Provide a safe physical environment with proper equipment. The practice stunting area should be matted, free from obstructions, and the ceiling needs to be high enough for stunts and tosses.
2. Know the National Federation of High Schools rules for stunting and assess your athletes' performance readiness. Follow the stunt progression starting with the basics and mastering each stunt before moving on the more advanced levels.
3. Each cheerleader must be able to demonstrate the proper stunting and spotting techniques prior to any participation.
4. All cheerleaders will perform only legal stunts at practices, games, performances, and competitions according to the NFHS rules.
5. No one can stunt unless the advisor is present and carefully monitoring the building of stunts and pyramids.
6. Cheer camp, before the season begins, is highly recommended for instruction in proper stunting and spotting techniques.

## **H. Tryouts**

1. Application should include a district permission slip and Health/Insurance Form to include:
  - a. Informed consent awareness of sports injury risk warning & agreement
  - b. Current physical
  - c. Accident insurance coverage
  - d. Emergency treatment release form
2. Parents should also sign a copy of squad Rules and Regulations to include projected cost, time commitment, discipline procedures, and cheerleader responsibilities.
3. Training of prospective cheerleaders
  - a. Check eligibility before practice begins
  - b. Senior cheerleaders or members from previous squads should conduct the practice under the guidance of the advisor.
  - c. Training should include physical fitness, coordination, stunting and safety skills, voice control, gymnastics, and dance.
4. While there are several ways to conduct tryouts, it is suggested that tryouts be closed to spectators and parents.
5. Method for final selection should be discussed with an administrator prior to judging.

## **I. Financial Commitment**

1. Fees for coach, camp, and/or gymnastics should be discussed before tryouts.
2. As a guideline, the cost of uniforms and accessories should not exceed \$500. Set firm dates for selection and fitting early so everything arrives before the first game.
3. Make arrangements for payment suitable to the situation for your squad. The safest is complete payment in advance. If that is not feasible, set partial payment deadlines so that payment is complete upon receipt of uniform or services.
4. District funds may not be used to purchase items that are kept by the student.

## **J. Camp**

1. The advisor should select a camp appropriate for the squad's needs. There are many different types of camps including private camps at your own school. Other advisors may also have suggestions.
2. The responsibility for reservations, collection of money, and transportation arrangements rests with the advisor.
3. A certificated individual, preferably the advisor, must attend camp with the cheer squad.
4. Appropriate paper work must be completed for such school/district sponsored activities.
5. Cheer camp, before the season begins, is highly recommended for instruction in proper stunting and spotting techniques.

## **II. Cheerleader Squad Responsibilities**

### **A. Rules and Regulations**

1. Squad rules, expectations, and discipline should be clearly understood by each cheerleader and their parents before the season begins. Parent and student signatures acknowledging expectations and consequences are extremely important.
2. Captains and parents should not be responsible for discipline. Only the advisor should be responsible for discipline.
3. The advisor should determine which athletic contests to attend, who cheers and when.

### **B. Sportsmanship and Etiquette**

1. **Sportsmanship** is:
  - a. pursuing victory with honor. Never sacrifice character for wins.
  - b. the ability to accept defeat without complaint, victory without bragging, and to treat your opponents with fairness and courtesy.
  - c. good citizenship in action. It is contagious and your example is crucial.

2. **Etiquette** means look and be your best.

- a. Hair should be neat and back from your face.
- b. Uniform should be clean and pressed.
- c. Make-up and grooming should be finished before you arrive.
- d. Stretching should be completed before the game.
- e. Pay attention to the game. Be positive and enthusiastic. Show your spirit and school pride in your performance.
- f. Treat officials with respect. Accept their decisions and never blame them for losing a game.
- g. Do not eat, chew gum, flirt, or argue in front of the crowd. Avoid facial expressions that show disagreements.

### **C. Crowd Control**

1. A cheerleader's primary function is to support interschool athletics and to uphold, reflect, and project the goals of the school community. A well-trained group of cheerleaders, choosing the right cheer presentation, can have a tremendous positive effect on a crowd.
2. Remember, you are a cheer LEADER in and out of uniform and on and off campus. Be responsible for your actions; actions speak louder than words.
3. Cheers should be synchronized, pleasing to watch, easy to follow, short and simple. Make it easy for the crowd to cheer with you.
4. Choice of wording in cheers can result in positive or negative responses from the crowd. All cheers should:
  - a. be positive about your team, not negative towards the opponent. Never cheer against another team, or mock their fans or cheerleaders.
  - b. avoid ethnic connotations.
  - c. avoid phrases like "bash 'em, kill 'em, or you suck".
  - d. avoid suggestive phrases or movements.
  - e. avoid words that rhyme with swear words. Never use profanity.
5. When the crowd is booing:
  - a. divert the crowd's attention by starting a popular cheer or chant.
  - b. get the pep band to play a favorite tune.
6. When the visiting cheerleaders come to the home side for a cheer, try to get the crowd involved in a positive way.

### **D. Game Etiquette**

#### **1. Sportsmanship**

- a. Applaud during the introductions of the players and coaches of both teams, as well as the officials.
- b. Always be reverent and respectful during the National Anthem.
- c. Cheer only in a positive manner.
- d. Never cheer against another team.
- e. Encourage others to do their best.
- f. Applaud at the end of the contest, no matter who wins. Always support your team.

## **2. Home Games**

- a. Arrive well before the game as specified by the advisor (at least 30 min.)
- b. Meet the other squad BEFORE the game, arrange exchange cheers and offer assistance. Work in harmony with the other cheerleaders.
- c. Inform visiting squad of sign placement and any other regulations.
- d. Be courteous. Remember, the opponents and visiting cheer squads are your guests. Do unto others as you would have them do to you!

## **3. Away Games**

- a. When possible, the team should travel together. The squad should always enter the contest area as a group with the advisor well before the contest begins.
- b. Questions to ask when you arrive:
  - Where do we warm up?
  - Where do we cheer?
  - Where are the restrooms?
  - Who performs at each quarter or time out?
  - Do we need to know any certain rules?
  - Can we stunt?
  - Where is the flag?
  - Where do we stand for the National Anthem?
  - Who do we ask if we need assistance?
  - Do you have a trainer in case of emergency?
  - Where is the closest place to get ice?

## **4. Football**

- a. Pay attention to the game so that your cheer is appropriate to the current situation. Are you offense or defense?
- b. Cheering should be terminated after the huddle when the team comes to the line. Never cheer during a play.
- c. Do not try to out-yell the other cheerleaders.
- d. If a player is injured, stop the cheer and wait until the player is on his/her feet or helped from the field, then applaud and resume the cheer. Some squads take a knee when there is a player down.
- e. When running to the end zone for a touchdown, do not run through the other cheer squad, especially if they are cheering. (This is only important where both crowds sit on the same side of the stadium.)
- f. Only uniformed cheerleaders may use official megaphones which must only be used facing to crowd. Megaphones must never be directed toward the field. Do not allow others to borrow or use your megaphones.
- g. Noises makers such a cow bells, air horns, clappers, etc. are not permitted at CIF sponsored athletic events.
- h. The throwing of any spirit items toward the crowd must be cleared through an administrator.

## 5. Basketball

### a. Time Out Cheering

When the home team cheerleaders meet the visiting cheerleaders before the game, arrangements can be made for time out and quarter cheering. Squads usually alternate who cheers first during the time outs. Squads should not cheer on the court during a 30-second time out.

### b. Half-time

At the half, the home team cheerleaders cheer first. Then home team cheerleaders usually invite the visiting cheerleaders to do a cheer together. Then the visiting cheerleaders may do a cheer.

### c. **Do not cheer** when:

- i. an opposing player makes mistakes
- ii. an unsportsmanlike act has occurred
- iii. when a player is attempting a free throw. Cheerleaders should be silent from the time any player steps to the line until the ball is released.
- iv. the other squad is doing a cheer. Wait until the other squad has completed their cheer before you start your cheer.

### d. Cheerleaders **may not**:

- i. point megaphones toward the court.
- ii. kick the bleachers
- iii. stand along the baseline of the court.
- iv. place signs on the wall behind the basket between the extension of the key lanes.

## 6. Signs

- a. All signs shall be positive about your team. No reference to opponents, either directly or indirectly, shall be made with the exception of the welcome sign.
- b. Visiting school should check with the host school about the placement of signs and special regulations regarding signs (i.e. space limitation, kind of tape, etc.)
- c. Goal posts and basketball hoops may not be decorated.