

# COASTAL CANYON LEAGUE

CALIFORNIA INTERSCHOLASTIC FEDERATION

SOUTHERN SECTION

## CONSTITUTION

Revised as of August 13, 2025

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**COASTAL CANYON LEAGUE  
CALIFORNIA INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION**

**CONSTITUTION**

**ARTICLE I**      **NAME**

Section 1:      This organization shall be known as the Coastal Canyon League of the California Interscholastic Federation, Southern Section.

**ARTICLE II**      **PURPOSE**

Section 1:      The purpose of this organization shall be:

- A.    To direct and control all interscholastic athletic programs of the high schools of the League.
- B.    To maintain standards as prescribed by the CIF-SS.
- C.    To cultivate good standards of sportsmanship and friendly relations among the League schools.

**ARTICLE III**      **COASTAL CANYON LEAGUE**

Section 1:      The governing body of this organization shall be known as the Coastal Canyon League. It shall consist of a principal and/or authorized designee from each member school, with the principal/designee being designated as the voting member. Membership shall be defined as a school approved by the Northern Area and CIF-SS as a League school with participating teams in all three seasons of sport. Should any school principal be unable to attend a League meeting, he/she may delegate his/her responsibility to another member of his/her school.

A. Any school assigned to the Coastal Canyon League by the Northern Area and CIF-SS for less than all three seasons of sport shall have the following "limited membership":

Attendance is required at all meetings during the season of sport in which the "limited member" school has teams participating. In addition, at such time as action items are on the agenda that will impact the sports in which "limited member" schools participate, those "limited member" schools are allowed to be in attendance for voting purposes on items which pertain to the sports in which they participate.

League Leadership (i.e. the Presidency) shall be only to schools which are full members of the Coastal Canyon League Council.

Section 2: Each school shall be entitled to one vote on each question brought before the League for decision. The principal or authorized delegate shall cast the vote for each school. In the event of a tie vote, the motion is lost.

Section 3: Any decision of the League may be appealed to the CIF-SS.

Section 4: A quorum of the League shall consist of representatives from a majority of the schools in the Coastal Canyon League. It is understood that the number of representatives necessary for a quorum may vary from one season to the next due to "limited member" school participation. Majority is three schools.

#### ARTICLE IV    OFFICERS

Section 1: The officers of the Coastal Canyon League Council shall consist of the following: President; Vice-President; League Coordinator. The President and the Vice-President shall be from the next two schools of rotation. If the President is unable to serve, the League may vote to have the next school in the rotation assume the duties of League officers for the remainder of the term as outlined in Section 4. The officers of the League are to be confirmed annually at the last regular meeting in May.

Section 2: Duties:

- A. The President shall preside at meetings and call special meetings. The President shall act as Secretary-Treasurer
- B. The Vice President shall assume all duties of the President in his/her absence.
- C. The League Coordinator keeps records of all teams and reports team advancing to the playoffs to the CIF office.
- D. The League Representative shall represent the League in accordance with the CIF-SS Constitution and By-Laws.
- E. Rotation of the presidency shall be by alphabetical order or a school may volunteer for the position.

League Schools  
 Camarillo – League Coordinator  
 Moorpark  
 Oak Park  
 Royal  
 Simi Valley

Section 4: Term of Office: The customary term of office for each officer is one year (June 1 to May 31). Officers can be elected multiple years.

#### ARTICLE V    MEETINGS

Section 1: Roberts Rules of Order for Parliamentary Procedure shall be used to conduct meetings.

Section 2: There shall be regular meetings throughout the school year. The League President shall establish the dates at the last meeting each year. League AD's will meet prior to the regular League meetings to discuss the upcoming agenda items. Public comments are limited to 3 minutes and must be directed at the league president. Due to the Brown Act that governs public meetings, there is no discussion and the AD's or principals cannot respond directly to public comments. Only principals or principal designees may offer a motion for a vote at league meetings.

Section 3: The President of the League may call special meetings at any time. Notification of the time, place, and purpose of the meeting shall be given in writing at least one week in advance, or shorter notice if a majority of the schools of the League agree.

Section 4: Copies of the minutes of League meetings are to be emailed to each Principal and Athletic Director.

#### ARTICLE VI    OFFICIAL SPORTS

Section 1: The Coastal Canyon League shall specify the official League sports in which varsity championships shall be determined.

#### ARTICLE VII    SCHEDULES

Section 1: Schedules shall be approved for all sports in which there are League Championships.

Section 2: Athletic Directors are responsible for drawing up all League schedules.

Section 3: The League must approve schedules before becoming official. Changes in times and dates of contests may be established by mutual agreement between schools. Only the Athletic Directors/Principals may approve any changes. League must be notified of league schedule.

#### ARTICLE VIII    PROTESTS

Section 1: Protest on the outcome of a contest may be only on the basis of an alleged misinterpretation of CIF, National Federation, or Coastal Canyon League Rules. (Not Judgment Calls). The game official shall be informed immediately of the rules misinterpretation of the game that the result will be protested. The Principal of the protesting school must file a written notification with the President of the League within 24 hours after protest is discovered. A protest must include a statement of the points upon which the protest is based. Failure to make such notification or file such statement shall nullify the protest.

The League President shall appoint a committee from three schools not directly involved in the protest to meet within three school days to study the matter and make recommendations to the League. The Area Liaison or

his/her representative shall be present. The recommendations will be reported to all League Schools called by the President. If the protest is allowed, the game will continue from the point of the protest to its completion on the same field on which the original contest took place. The Ventura County Officials Association shall supply officials for the continued or protested game.

Section 2: Ejection Review Procedure

1. Ejection Review Procedures will follow the CIF Bluebook.
2. The decision can then be appealed to the CIF by the individual schools if deemed appropriate by the Area Liaison.

ARTICLE IX      SUSPENSION

Section 1: Schools that violate the Coastal Canyon League Constitution or By-Laws, and which have had a protest filed against them in accordance with the Constitution, may be recommended to the CIF-SS for suspension upon unanimous decision of the voting members of the league. The school name in the protest shall not vote.

ARTICLE X      AMENDMENTS

Section 1: The Constitution and By-Laws of the League may be amended at any regular meeting of this League by a majority vote of the members present, providing a notice of such amendment shall have been sent to all members of the voting League members five calendar days in advance, but such amendments shall not be in effect for a period of ninety days after passage, except by unanimous consent of all schools present and voting.

**COASTAL CANYON ATHLETIC LEAGUE  
CALIFORNIA INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION**

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**COASTAL CANYON LEAGUE  
CALIFORNIA INTERSCHOLASTIC FEDERATION  
SOUTHERN SECTION**

BY-LAWS

ARTICLE I      GENERAL RULES

Section 1:      Amendments: The By-Laws may be amended by a two-thirds or majority vote in accordance with Article X, Section 1 of the Constitution and will come into effect 90 days after vote. The By-Laws amended by a unanimous vote will come into effect immediately.

Section 2:      CIF Rules: Unless otherwise specified herein, the CIF regulations shall govern.

Section 3:      League Dues: Assessment of League dues will be divided equally among all member schools. The assessment will be based upon a budget adopted by the Council.

Section 4:      CIF Playoffs: The Coastal Canyon League is a member of the playoff section as designated by the CIF.

Section 5:      Playoff Representatives: The League Playoff Representatives will be determined in accordance with the rules governing the particular sport within this set of By-Laws. It is the individual school's responsibility to apply for an At-Large bid according to CIF rules.

Section 6:      Admission Procedures and Prices:

League schools can charge for the following sports: Volleyball, Basketball, Soccer, Water Polo, Swimming, Wrestling, Lacrosse and Track and Field.

1. All sports

- |                      |         |
|----------------------|---------|
| a. General Admission | \$10.00 |
| b. Children          | \$ 5.00 |

Section 7:      Gate Receipts: Each school shall keep its gate for home events and pay all expenses unless a different arrangement can be mutually agreed upon.

Section 8:      League Passes: Passes are to be issued by the League President, Passes are to be inspected, not collected, at the gate. A standard League Pass will be issued by the League, printed at League expense, and distributed on the basis of requests by schools. League passes are good for pass holder plus one guest. In addition to the Coastal Canyon League pass, League schools shall also honor the following passes: CIF, CIF media, all valid media passes, and visiting high school staff passes. Visiting staff passes shall include one guest. The Coastal Canyon League will also recognize the gold card issued by the Channel Coast Officials Association honoring officials with 25 years of service, for admission to League events.



- Section 9: Band and Cheerleaders: Band members, cheerleaders, drill teams and song leaders in uniform of competing schools shall be admitted to League contests without charge. Refer to individual sports for exceptions.
- Section 10: Scores: Each school is to report all varsity scores to the League Coordinator. Each school is also responsible for reporting all wins/losses of lower level games to the League Coordinator. It is the responsibility of the winning team to report scores, after the conclusion of the game, to the media.
- Section 11: Scouting Regulations: During playoff games, League schools will not send scouting reports or any electronic information to the opposing schools without approval of the schools involved.
- Section 12: Media Coverage: Each school has the right to enter into media coverage agreements of their own construction. However, this must be agreed upon by both schools a week in advance.
- Section 13: Scheduling and Hosting All League Voting Meetings: The following schools are responsible for scheduling sports and hosting All-League voting meetings:

Athletics

Baseball	Simi Valley
Basketball	Royal/Oak Park
Beach Volleyball	Oak Park
Competitive Cheer	Moorpark
Cross Country	Camarillo
Flag Football	Moorpark
Golf	Moorpark
Lacrosse	Simi Valley/Royal
Soccer	Royal/Oak Park
Softball	Simi Valley
Swimming	Camarillo
Tennis	Camarillo
Track	Moorpark
Volleyball	Oak Park
Water Polo	Camarillo
Wrestling	Camarillo

- a. All coaches (or coach's representatives) are required to be present at all pre-season and All-League meetings. These meetings are very important for communications, rule changes, official communication, facilities, crowd control, etc. The first meeting a coach or coach's representative missed would result in a warning letter from the President of the league to the AD, Principal, Assistant Principal and the Coach. The second missed meeting would result in the head coach being ejected from the first league game of the year per CIF rules, cumulatively.

- Section 14: Hosting League Tournaments:  
The following schools are responsible for hosting the League Tournaments:

Cross Country	Camarillo	Swimming	Royal/Camarillo
Boys/Girls Tennis	Moorpark	Wrestling	Camarillo
Track and Field	Moorpark	Golf	Moorpark

CIF entries are entered by host schools.

A meeting will be called on the evening of the first Monday following the last League contest at the host school for the purpose of selecting All-League teams.

Guidelines for profit-sharing for League sponsored events:

- a. Prior approval of the sale of souvenirs (programs, buttons, pins, etc.) must be obtained by the League.
- b. No school shall be permitted to sell souvenir items representative of only one school at preliminary and final League events.
- c. Host schools shall be permitted to keep all profit generated from the sale of concession items (food, drink and T-shirts).

Section 15: Approved Equipment: According to CIF/NFHS rules, all student athletes shall wear school approved uniforms and equipment in all athletic competitions. Individual alterations or logos representing other teams or organizations are prohibited.

Section 16: Postponed Contests: All postponed athletic contests must be made up at the earliest mutually agreed upon date by Athletic Directors. If all schools involved can not mutually agree on a date because of extenuating circumstances, then the League President will render a decision.

Section 17: Suspended Contests: All Coastal Canyon League contests shall be suspended that do not meet the National Federation High School minimum standards for the length of a contest. All contests shall be continued at the earliest mutually agreed time and date.

Section 18: Senior Night – All Senior Night activities held prior to a contest shall only include the following: 1) Introduction of athlete, 2) Introduction of Parents, 3) Picture. All warmups, except football, will cease during Senior Night ceremonies.\*Note, if the Senior Night is held after the final contest, there shall be no required format or length restriction.

Section 19: Altercation Policy – From time to time, during competition, altercations between opposing teams/athletes occur. Good sportsmanship should always be promoted, and there is never any excuse for initiating an altercation, but emotion is a strong part of competition and incidents do take place. As Athletic Directors, it is our responsibility to choose strong moral leaders to run our programs, and we need to have policies that promote safety and integrity to our athletes. See Appendix 3 for a copy of the Altercation plan.

Section 20: Gender Identity – The Coastal Canyon League will follow the CIF Rules on Gender Identity. An athlete is allowed to participate in a sport as the gender they identify with, not the gender they were given at birth. See Appendix 4 for details.

## ARTICLE II      OFFICIAL LEAGUE SPORTS

Section 1:      The following are official League sports in which League Championships will be determined:

### BOYS SPORTS

Cross Country:	Varsity, Junior Varsity, Frosh/Soph
Water Polo:	Varsity, Junior Varsity, Frosh/Soph
Basketball:	Varsity, Junior Varsity, Frosh/Soph
Soccer:	Varsity, Junior Varsity, Frosh/Soph
Wrestling:	Varsity, Junior Varsity
Baseball:	Varsity, Junior Varsity, Frosh/Soph
Golf:	Varsity, Junior Varsity
Swimming:	Varsity, Junior Varsity
Tennis:	Varsity, Junior Varsity
Track and Field:	Varsity, Junior Varsity, Frosh/Soph
Volleyball:	Varsity, Junior Varsity, Frosh/Soph
Lacrosse:	Varsity, Junior Varsity

### GIRLS SPORTS

Beach Volleyball:	Varsity, Junior Varsity
Cross Country:	Varsity, Junior Varsity, Frosh/Soph
Flag Football:	Varsity, Junior Varsity
Tennis:	Varsity, Junior Varsity
Volleyball:	Varsity, Junior Varsity, Frosh/Soph
Basketball:	Varsity, Junior Varsity, Frosh/Soph
Soccer:	Varsity, Junior Varsity, Frosh/Soph
Water Polo:	Varsity, Junior Varsity, Frosh/Soph
Softball:	Varsity, Junior Varsity, Frosh/Soph
Swimming:	Varsity, Junior Varsity
Track and Field:	Varsity, Junior Varsity, Frosh/Soph
Golf:	Varsity, Junior Varsity
Lacrosse:	Varsity, Junior Varsity
Competitive Cheer:	Varsity

Section 2:      Deletion or Addition of a Sport: Coastal Canyon League sports must contain at least four of the Coastal Canyon League schools to be an official Coastal Canyon League sport. Official League sports that have four of the Coastal Canyon League schools participating may be added or dropped upon a majority vote by the members present provided that a notice of proposal was given at the preceding regular Council meeting, or sent in writing to each school at least one month in advance of the meeting at which the proposal is to be considered. (This procedure is designed to allow time for school districts to consider the advisability of adding or dropping a sport in advance of the vote).

Section 3:      Dates for Change: The effective date for the addition or deletion of a sport shall be set by the League, at the time action is taken. If you drop a sport, league games are not guaranteed the following season.

Section 4: Official Recognition: Schools may engage in other sports or field additional teams, but no official League Championship, scheduling, or recognition shall be granted to other than official League sports.

Section 5: Rights of Schools to Participate: Schools may decline to take part in a given sport if they have inadequate participation supervision, supplies, equipment, or facilities. No school shall field a lower division team in any sport unless they also field a varsity team.

Section 6: Determination of League Championships:

League championships shall be determined on a percentage basis of won-lost games in the following: Basketball, Tennis, Water Polo, Soccer, Wrestling, Baseball, Volleyball, Softball, and Track and Field, Lacrosse, Competitive Cheer.

League championships shall be determined by a combination of dual meet standings and final League meet standings in the following: Cross Country, Swimming, and Golf. See rules for each sport

In the event that there is a school closure, the following procedures will determine a league champion:

Swimming and Track and Field – No need for a league champion. Athletes who qualify will go to CIF.

Baseball – First round, or as many rounds that have been completed will determine a league champion.

Softball – First round or as many rounds that have been completed will determine a league champion.

Lacrosse – Add tournament to determine league champion.

Golf – Tournament will determine champion.

Tennis – Tournament or rounds will determine a league champion,

STUNT – Add a tournament to determine a league champion.

In general = rounds first, then tournament. Athletic Directors will seed the tournaments.

Section 7: Supervision: The Coastal Canyon League shall require that both schools have an administrator or designee present at all varsity boys basketball and soccer games, and that the visiting administrator shall be obligated to seek out the home school administrator before the contest and identify himself/herself. A home school administrator or designee will be present at all wrestling, volleyball, and girls soccer, basketball and flag football contests. In all cases administrators from each school will establish procedures for communication with each other. At all other contests the visiting school has the right to decide if a significant number of spectators will be present to necessitate the presence of an administrator.

The home school is responsible for all facilities and security of those facilities. The visiting coach or responsible adult will remain with his/her team until they are out of the locker room. The home school will have an administrator or representative to make sure the visiting teams have no problem boarding the bus or exiting the home campus.

Section 8: Resolving Ties:

- A. In the case of a tie between two or more teams for a championship, the teams so involved shall be considered co-champions.
- B. Unless specified under the individual sport by-laws, the following will occur: In the case of a tie for the League championship, or any other position, the team that won both games between one another shall be the designee for the highest playoff seed.

Any team under CIF or League sanction, and /or any team not meeting the CIF minimum requirement that would otherwise be considered in this tie resolving system shall not be nominated by the League for a playoff spot.

- C. In the case of multiple ties for the League championship or any other position, the team having the best league record against those teams involved in the tie shall be the highest seed into the playoffs.

The above steps should be used and reused to resolve ties. In cases where “head to head” competition does not break a tie, then proceed to step D.

- D. In the case of ties not resolved in step C, the “points for win” system is the next alternative. The team finishing first in the League shall be accorded a point value equal to the total number of teams competing in that sport. The team finishing last shall be accorded a point value of “1” and all other teams shall be given a point according to their standing. When two or more teams tie for a position, the points for those positions shall be totaled and divided by the number of teams tied. Each of the tied teams shall be accorded a number. Teams will acquire a point total by adding to their point values accorded the teams they have defeated and one-half the point value of teams they have tied. (If two or more teams have the same points and are still tied, then proceed to step E.)
- E. A coin flip would be the last alternative to determine CIF playoff seeds. The League President is responsible for all coin flips unless they are involved. If the League President is involved, then the coin flip goes to the Vice President.

Section 9: League Contests: Game Times are scheduled as follows:

Fall Sports				
	Frosh	JV	Varsity	
X.Country	3:00	All	Levels	
G. Tennis	3:00 PM	All	Levels	
G. Golf	1:00 PM	Or by	Schedule	
B. Water Polo	5:30 PM	4:30 PM	3:30 PM	
G. Volleyball	4:00 PM	5:00 PM	6:30 PM	

<b>Flag Football</b>	7:00 PM
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### Winter Sports

	Frosh	JV	Varsity	
<b>B. Basketball</b>	4:00 PM	5:30 PM	7:00 PM	
<b>G. Basketball</b>	4:00 PM	5:30 PM	7:00 PM	
<b>B. Soccer</b>	7:15 PM	5:45 PM	4:00 PM	
<b>G. Soccer</b>	7:15 PM	5:45 PM	4:00 PM	
<b>G. Water Polo</b>	5:30 PM	4:30 PM	3:30 PM	
<b>Wrestling</b>	5:30 PM	7:00 PM		

### Spring Sports

	F/S	JV	Varsity	
<b>Baseball</b>	3:30 PM	All	Levels	
<b>Softball</b>	3:30 PM	All	Levels	
<b>B. Tennis</b>	3:00 PM	All	Levels	
<b>Track</b>	3:30 PM	All	Levels	
<b>Swim</b>	3:30 PM	All	Levels	
<b>B. Golf</b>	1:00 PM	Or by	Schedule	
<b>B. Volleyball</b>	4:30 PM	5:30 PM	6:30 PM	
<b>Competitive Cheer</b>			5:00/6:00/7:00PM	
<b>B. Lacrosse</b>		5:30 PM	7:00 PM	
<b>G. Lacrosse</b>		5:30 PM	7:00 PM	
<b>Beach Volleyball</b>			Sat. TBD	

## ARTICLE III CLASSIFICATION OF ATHLETES

**Section 1:** Classification of athletes in sports (exceptions include: cross country, track, tennis, wrestling, swimming and golf; seniors are allowed to be on JV):

<b>Varsity</b>	Eligible 9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup> grade students
<b>Junior Varsity</b>	Eligible 9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> grade students

FROSH/SOPH	Eligible 9 <sup>th</sup> and 10 <sup>th</sup> grade students
SOPHOMORE	Eligible 9 <sup>th</sup> and 10 <sup>th</sup> grade students
FRESHMEN	Eligible 9 <sup>th</sup> grade students

#### ARTICLE IV    ELIGIBILITY OF PLAYERS

- Section 1:    CIF Rules: The current CIF-SS blue book policies/penalties for eligibility will be followed.
- Section 2:    ADA: Effective the start of the 2014-2015 school year, all students who compete for a Coastal Canyon League school must be included on the ADA at that school and any CIF approved multi-school agreement.

#### ARTICLE V    AWARDS AND TROPHIES

- Section 1:    Championship Awards: The League will purchase and award a suitable engraved single team plaque designating the receiving school as champion in that sport. In the event of a tie, co-championships will be designated, and duplicate plaques will be awarded. Individual league medals are awarded to athletes in Cross Country, Wrestling, Swim, and Track & Field at the cost of participating league schools.
- Section 2:    All-League Awards: The League will select per Appendix 2 for All-League teams for boys/girls basketball, baseball, boys/girls volleyball, softball, boys/girls soccer, boys/girls water polo, and boys/girls tennis.

#### The following general guidelines shall be used:

- A. A meeting of all head coaches will be called at the conclusion of each of the seasons, prior to the CIF playoff. Information for the teams selected should be released for publication as soon as all League schools are eliminated from the playoffs in that sport. The school assigned the responsibility for scheduling the sport will call the meeting. The meeting is to be held on the Monday following the last League contest. At the conclusion of the All-League meeting of coaches and Athletic Directors, All-League recommendations will be submitted to the league secretary for certification. The names will not be released to the media, athletes or parents until all teams have completed playoffs.
- B. Those coaches present will nominate their choices.
- C. The League will award an appropriate certificate to each recipient.
- D. An MVP will be determined. This honor will be noted by the League and so noted on the Individual's certificate. This player will not occupy a berth on the First or Second All-League team.
- E. Coach of the Year: If there are no nominations for "Coach of the Year," it will automatically go to the League Champion.

Section 3: All League Certificates: All-League Certificates will be awarded as follows:

Cross Country	The first seven places in each division.
Wrestling	The first three places in each of the 14 weight classes in varsity.
Track and Field	The first three places in each event in each division, with first place only for members of relay teams.
Swimming	The first three places in each event in each division, with first place only for members of relay teams.
Golf	The first six places in the League Individuals Tournament.

Section 4: All-Academic Certificates: All-Academic certificates will be issued to varsity athletes with an unweighted 3.5 or above GPA during the season of sport. Fall 1<sup>st</sup> Quarter Grades, Winter – 1<sup>st</sup> semester grades, Spring – 3rd Quarter Grades.



## ARTICLE VI    BASEBALL

Section 1:    Length of Games: Seven Innings (CIF Rules).

Section 2:    Junior Varsity and Freshman games will be played the same day at the same general location. The Varsity will play on the same day at the alternate JV and Frosh site.

Section 3:    Time: Game times will be officially set and printed as part of the adopted League schedule.

Section 4:    Officials: There will be two requested umpires for all varsity league games, and one umpire requested for all lower level games.

Section 5:    Batting Practice: There shall be no pre-game batting practice with the exception of soft toss (defined as underhand and from the side); only an equitable warm-up infield practice is allowed.

“Teams entered in the baseball playoffs will not be permitted to take batting practice on the day of a playoff game prior to the commencement of the contest.” Batting practice will be construed as ANY type of pitching motion with ANY type of ball from in front of the batter (including pitching machines and overhand throwing). With the consultation and support of the CIF Southern Section Baseball Coaches Advisory Committee, the rules are as follows...THE ONLY ACCEPTABLE BATTING WARMUP WILL BE SIDE SOFT TOSS, BATTING TEE WORK OR PEPPER.

- A) For side soft toss, the guidelines are as follows: the tosser should be on a knee, to the side of the batter and the ball should be lifted, not pitched, to the batter.
- B) For pepper, the guidelines are as follows: the maximum distance between the pitchers/fielders and the hitter is 40 feet and batted balls are to be directed toward the pitchers/fielders.
- C) To clarify any questions that may arise: "Tracking", the idea that hitters will stand in a batter's position, while pitchers throw overhand to a catcher, and "track" pitches as they come toward the plate, is not considered batting practice by definition and is allowable prior to playoff contests. Batters who swing, or attempt to swing or bunt in any fashion, will be in violation of this rule and may face the consequences of that action. Coaches should be very careful to monitor any and all pregame activities.

Section 6:    Balls: The Rawlings NFHS baseball will be the approved ball for Varsity competition. Lower levels may use any NFHS baseball, preferably Rawlings.

Section 7:    Rules: League rules will follow the NFHS rulebook, as well as CIF Blue Book rulings.

Section 8:    League Games: League games will be played on Wednesdays and Fridays.

Section 9:    Rainouts: If a league baseball game is rained out, the rained-out game will be added to the two-game series in the schedule, changing the schedule to a three-game series all in the same week. In the event of a subsequent rainout, the

rescheduled game would be on the following Monday. Any non-league games scheduled on that Monday would need to be rescheduled or canceled. League games take precedence over non-league games.

Section 10: Tiebreaker: The tie-breaker will go as follows:

See Article 2, Section 8

Section 11: All-League Selection Guidelines:  
See APPENDIX 2

## ARTICLE VII BASKETBALL

Section 1: Length of Games: All games will consist of four eight-minute quarters.

Section 2: Time: Game times will be officially set and printed as part of the adopted League schedule.

Section 3: Officials: Two Association officials will be requested for each League game. The assigner will make every effort to assign “fresh” officials to all Varsity games.

Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.

Section 5: Timer: CIF Blue Book regulations shall apply.

Section 6: Ball: The official game ball for all contests shall be the CIF sponsored ball when at all possible.

Section 7: Jersey Color: Per CIF Rules

Section 8: Bands: Home schools only may have a pep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved).

Section 9: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.

Section 10: Levels: If a school only has two teams, they will be designated as Varsity and Junior Varsity. If a school has three teams, they will be designated as Varsity, Junior Varsity, and Frosh/Soph.

Section 11: All-League Selection Guidelines:  
See APPENDIX 2

## ARTICLE VIII BEACH VOLLEYBALL

Section 1: Rules: Current IBVL, National Federation Volleyball and CIF rules shall govern all League contests.

Section 2: Time: Match times will be officially set and printed as part of the adopted League schedule.

- Section 3: Number of Matches: Each varsity match shall consist of 3 teams of two playing based on team rank – three total matches. Players are only allowed to drop one rank per their highest rank played unless otherwise agreed upon by coaches due to circumstance. The winning team must win 2 of the 3 matches.
- Section 4: Junior Varsity Matches: Same system applies to Junior Varsity as Varsity (See Varsity)
- Section 5: Player Limitation: There is not a limit on how many players are on a team, however; there are not any substitutions for each individual match played. The doubles team that is playing must remain the same for the longevity of that match.
- Section 6: Players Equipment: Players may wear hats and sunglasses. T-Shirts, jerseys, tank tops and are permitted. Shorts are required. Bikini style uniforms are NOT permitted. It is recommended that squads wear uniforms of the same color and style in competition.
- Section 7: Officials: IBVL rules apply. Contestants make all calls.
- Section 8: Warm-Up: A ten-minute pre-game warm-up will be permitted for each competing school. Teams may share the court for this warm-up time
- Section 9: Coaching: Coaches may only coach during time outs. During the side switch a coach may walk and talk without disrupting the flow of the game.
- Section 10: Determination of Placement and Ties: If team's league records are tied at the end of the season, the Coastal Canyon League will enforce the following tiebreaker.
- A. Compare head to head match record.
  - B. Compare head to head set scores.
  - C. Compare head to head game scores.
  - D. Coin Flip
- Section 11: Fans: No fans or spectators will be allowed on the courts at any time during matches or warm-ups unless the home team has a special seating arrangement available and it is agreed upon by both coaches. If any fans or spectators become distracting or unruly while sitting on the courts, they will be asked to leave.
- Section 12: All League Teams: All League teams will be selected and honored.
- Section 13: All-League Selection Process  
 One Most Valuable Player.  
 1<sup>st</sup> and 2<sup>nd</sup> Teams = 9 members per team (Ties must be broken for the last remaining spot on either team as not to exceed the allocated number).  
 Any and all Specialty Awards (Example: Offensive Player of the Year, etc.) will be deducted from the number allocated for 1<sup>st</sup> team (Example: If there are 3 specialty awards, then 6 spots remain for 1<sup>st</sup> team).

## Voting Procedures - Refer to Article V Section 2

ARTICLE IX    COMPETITIVE SPORT CHEER/STUNT

- Section 1:     Length of Games: All games will consist of 4 - 10 minute quarters.
- Section 2:     Time: Game times will be officially set and printed as part of the adopted League schedule.
- Section 3:     Officials: Two Association officials will be requested for each League game. The assigner will make every effort to assign "fresh" officials to all Varsity games.
- Section 4:     Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 5:     Timer: CIF Blue Book regulations shall apply.
- Section 6:     Jersey Color: Per CIF Rules
- Section 7:     Cheer Mats: Minimum of 9 cheer mats and 8 Velcro rolls required.
- Section 7:     Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.
- Section 8:     All-League Selection Guidelines:  
See APPENDIX 2

ARTICLE X    CROSS COUNTRY

- Section 1:     Teams:  
Boys:        Three divisions- Varsity, Junior Varsity, Frosh/Soph  
Girls:        Three divisions- Varsity, Junior Varsity, Frosh/Soph

Varsity will be comprised of the 5-7 fastest eligible runners (from any grade level). This level must be filled prior to any other level for competition.

The Frosh/Soph team will be comprised of the 5-10 fastest freshmen or sophomores unless they are on varsity. Only the top seven runners from each team will figure into the team scoring.

The Junior Varsity division will be comprised of the remaining squad members not able to be on the Varsity or Frosh/Soph team.

- Section 2:     Time: Meet times will be officially set and printed as part of the adopted League schedule.
- Section 3:     Length of Course: Course shall be approximately three miles and well-marked.
- Section 4:     Schedule of Races
- |         |          |
|---------|----------|
| 3:00PM  | JV Girls |
| 3:30PM  | JV Boys  |
| 4:00PM  | FS Girls |
| 4:25 PM | FS Boys  |

4:50 PM V Girls  
5:15PM V Boys

Section 5: Conducting Cluster Meets:

- A. At the fall coaches' meeting each school shall supply a map of its home course clearly marked and labeled. If during the course of the season a change should be necessary in any course, the other schools must be notified before a home meet.
- B. All reasonable care shall be taken on each course to ensure safety of athletes, officials, and spectators. Portions of the course not visible from the start and finish area shall be monitored. Any area in which there is vehicle traffic shall be monitored.
- C. The host school shall conduct the meet in such a way that the position of finish can be determined for scoring the meet. There shall be an adequate finish chute to facilitate all runners finishing; and an adequate scoring procedure to handle all finishers.

Section 6: Conducting League Finals: Coastal Canyon League Finals shall be held each year, with the host school responsible for making arrangements. The Championship meet shall be at a predetermined site.

Rules and regulations as to general procedure shall follow current CIF policy on Cross Country and current Track and Field rules.

Entry lists shall be sent to each school ten days prior to the Finals on forms provided by the host school. Changes can be made on the day of the meet. Each school must enter a Varsity and Frosh/Soph team in both boys' and girls' competition, before a Junior Varsity team can be entered. There are to be no more than seven entries in the Varsity and Frosh/Soph divisions. A school may enter an unlimited number in the Junior Varsity division. It is understood that there will be no stacking of lineups.

Schedule of Races for League Finals

1:00PM JV Girls  
1:30PM JV Boys  
2:00PM F/S Girls  
2:25PM FS Boys  
2:50PM V Girls  
3:15PM V Boys

Section 7: Cluster Meet and League Finals Scoring

League #1 25%  
League #2 25%  
League Finals 50%

See point procedure - Article II, Section 6

CIF Prelims will be represented by top 3 teams determined at League Finals.

Section 8: Forfeits: In order for a team to get a forfeit win, it must declare its seven fastest runners in that division. In no way can a forfeit winning team member count for scoring in another division.

Section 9: All League Certificates

1-7 First Team

8-14 Second Team

\*Placement will be determined by best place in 2 of the 3 league contests.

League Championship Medals

JV Runners 1-20

FS runners 1-10

Varsity runners 1-10

Section 10: Heat/Poor Conditions Protocol for Meets

- Proposed change shall happen by noon on the day before meet based on CIF/State Heat Index and AQI protocols (See
- Decision made by 10AM on day of meet supported by majority of schools
- Possible changes
  1. Later start
  2. Reduction of distance

ARTICLE XI FLAG FOOTBALL

Section 1: Length of games: Varsity games will have two 24-minute halves with running clock until the last 2 minutes of each half. Junior Varsity or Tournament games will have two 20-minute halves with running clock until the last 2 minutes of each half. The game clock will start on the snap following the stoppage for notification of the 2-minute warning. Halftime will be 5 minutes.

Section 2: Time: Games times will be officially set and printed as part of the adopted League Schedule

Section 3: Officials: Three association officials will be requested for each League game

Section 4: Rules: League rules shall follow National Federation of High Schools (NFHS) Flag Football Rules, as modified by the State CIF rules, and the CIF Bluebook.

Section 5: Clock: NFHS and CIF Blue Book regulations shall apply

Section 6: Field Dimensions: Width of 40 yards, length of 80 yards as determined by NFHS and CIF by-laws.

Section 7: Ball: Must be CIF approved for all levels of competition.

Section 8: Games Allowed per Day: No student shall be allowed to play a game on more than one level of competition per day.

Section 9: Tie Games: If a Varsity League game is tied at the end of regular playing time, overtime is to be played. Both teams will have a 5-minute rest and toss a coin (visiting captain calls) for offense first, defense first, or choose the end that overtime will be played on. A lower level league game that ends in a tie score is recorded as a tie.

Section 10: Jersey Color: The home team shall wear dark colored jersey. The visiting team shall wear a light color.

Section 11: Bands: Home schools only may have a pep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved)

Section 12: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.

Section 13: All-League Selection Guidelines:

Most Valuable Player

1<sup>st</sup> and 2<sup>nd</sup> Teams – 8 Players per team

## ARTICLE XII GOLF

Section 1: The League team championship in golf will be determined by using both the season head to head League record (50%) as well as the Three Day Tournament (50%) (two day tournament for girls). Five member teams will participate in each tournament for both boys and girls. Each tournament will be played at a different home course. Medal play will be the method of scoring at each tournament, and the team with the best overall total score for the three tournaments will be accorded the championship points. The top five scores of the six for both boys and girls will be counted in team scoring. The three (two) tournaments will be held throughout the CIF calendar season, with no more than two tournaments in any calendar week. The tournament will be 18 holes for boys. The girls will play 2 days instead of three. With day one being 9 holes and second day being 18 holes which will count as the 2<sup>nd</sup> and 3<sup>rd</sup> tournament days.

**The following format is used to determine League Champions:**

TEAM	Head to Head 50%	League Tournament 50%	Total Points	Place
------	------------------	-----------------------	--------------	-------

OAK PARK	1	1	2	First
SIMI VALLEY	2	3	5	Second
CAMARILLO	3	4	7	Fourth
MOORPARK	4	2	6	Third
ROYAL	5	5	10	Fifth

Section 2: Time: Match times will be officially set and printed as a part of the adopted league schedule. League tournaments for boys will be at 12:00. The girls 18 hole league tournament will begin at 10:30, if agreeable to the course.

- Section 3: Number of Contests: the maximum number of contests is set to the current Blue Book Regulations.
- Section 4: Players: The number of players will be set to the current Blue Book, NFHS regulations. The players are to be numbered 1-6 according to their ability, the number one player being the best player. The League Tournament opening round assignment to foursomes/threesomes will be done alphabetically by school with each school #1 assigned first, then their #2 player assigned and so on until all players have been assigned. Rounds 2, 3 and 4 will be assigned according to the players scores with the lowest score first, second lowest second and so on until all the players have been assigned. No more than two players from any one school team may be placed into a foursome for the League Tournament. In the event that three players are assigned to one foursome because of their standing by score, then the top player or bottom player, whoever is paired next to one of their own team members, will move up or down foursomes. The last player in the upper foursome or the first player in the lower foursome, accordingly, will take their place.
- Section 5: Procedure: Team rosters to be exchanged by coaches immediately prior to tee-off. Order of tee-off will be as follows: players #1 and #2 first, 3 and 4 second and 5 and 6 third, unless the coaches agree to a change.
- Section 6: Scoring of Dual matches: The best five scores of the six players will be used to break a tie. If a tie still exists the match is recorded as a tie.
- Section 7: CIF Qualifying Meets: The League tournament will determine the Individual qualifiers for CIF. The number of future qualifiers to CIF is determined by the play of league players the preceding year.
- Section 8: Rules: All rules will be governed by the current Blue Book, unless otherwise noted in the by-laws. By mutual agreement of the committee rules can be adapted as needed.
- Section 9: If at the end of the tournament, two or more teams are tied for a position, then co-champions will be awarded. A card playoff will be used for CIF seeding as necessary. This consists of taking scorecards of the five scoring team members from the fourth and final round of the tournament and starting with the #1 handicap hole adding all five scores on that hole for both teams. Lowest combined score for that hole wins. In the event it is still tied, continue the card-off system with the #2 handicap hole, and so on until a winner is decided. If there is still a tie after 18 card-off holes, the six team members from each team will play a playoff, on a hole chosen by the tournament committee (the golf coaches), and their scores will be added up for that hole to determine a winner. This would continue until a winner emerges. Any ties for individual champion and/or CIF entries would be broken by a sudden death playoff staring at a hole to be determined by the tournament committee.
- Section 10: Rangefinders: Coaches have decided to allow rangefinders for use in all league matches. Players may not use phone apps or GPS with slope technology. Players should share rangefinders if requested to allow for fair competition.



## Section 11: All League Selection Guidelines

### MVP

First team is made up of players 2-6 in the league tournament.

Second team is made up of players 7-11 in the league tournament.

## ARTICLE XIII LACROSSE

### BOYS LACROSSE

- Section 1: Length of Games: All levels will have four 12 min quarters with a halftime between periods 2 and 3 not to exceed 10 min (Per CIF Blue Book).
- Section 2: Time: Game times will be officially set and printed as part of the adopted League schedule.
- Section 3: Officials: Two Association officials will be requested for each League game.
- Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 5: Timer: Official time will be kept by the referee and coordinated with the timekeeper at the scoring table. The scoring table will consist of a clock operator, home (official) scorebook, home stat keeper, visiting scorebook, and visiting stat keeper. The scoring table must be located on the field between the home and visiting benches.
- Section 6: Ball: The official game ball for all contests shall be the CIF sponsored ball when at all possible.
- Section 7: Games Allowed per Day: *No student shall be allowed to play a game on more than one level of competition per day.*
- Section 8: Tie Games: If a Junior Varsity regular League game ends in a tie score, it is recorded as a tie. If a Varsity regular League game is tied at the end of regular playing time, overtime is to be played. Both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. Each overtime period will be no more than six minutes in length of stop-clock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this time. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. Substitutions may occur at this time. Play will continue with "sudden victory" stop-clock overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored.
- Section 9: Jersey Color: The home team shall wear "white" or "light"; the visiting team shall wear contrasting color.

- Section 10: Bands: Home schools only may have a pep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved).
- Section 11: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.
- Section 12: All-League Selection Guidelines:  
Most Valuable Player  
1<sup>st</sup> and 2<sup>nd</sup> Teams – 13 players per team (3 defenders, 3 midfielders, 3 attackers, 1 goalie, 1 long-pole midfielder, faceoff and short stick D-midfielder)

### GIRLS LACROSSE

- Section 1: Length of games: Varsity games will have two 25 minute halves and the clock is to be stopped on the official's whistle and arm signal after each goal during the entire game, and on every whistle (to stop play) in the last 2 minutes of each half. Half time will be 10 minutes unless a lesser time is mutually agreed upon by the coaches prior to the game. Lower level games will have two 25 minute running clock halves with a half time between not to exceed 10 minutes. Teams at all levels must change ends to begin the second half.
- Section 2: Time: Games times will be officially set and printed as part of the adopted League Schedule
- Section 3: Officials: Two association officials will be requested for each League game
- Section 4: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 5: Timer: Official time will be kept by the referee and coordinated with the timekeeper at the scoring table. The scoring table will consist of a clock operator, home (official) scorekeeper, home stat keeper, visiting scorebook and visiting stat keeper. The scoring table must be located on the field between the home and visiting benches.
- Section 6: Ball: The official game ball for all contests shall be the CIF sponsored ball when at all possible. The ball must be yellow and meet NOCSAE standards.
- Section 7: Games Allowed per Day: No student shall be allowed to play a game on more than one level of competition per day.
- Section 8: Tie Games: If a lower level game regular league games ends in a tie score, it is recorded as a tie. If a Varsity regular League game is tied at the end of regular playing time, overtime is to be played. Both teams will have a 5-minute rest and toss a coin (visiting captain calls) for choice of ends. The alternate possession shall continue from regulation. The game will be restarted by a center draw. The winner will be decided by "sudden victory." The team scoring the first goal wins the game. Each overtime period will be no more than six minutes in length of stop-clock time (clock stops on every whistle). The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. No substitutions may occur at this

time. The game will be restarted by a center draw. If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. Substitutions may occur at this time. Play will continue with “sudden victory” stop-clock overtime periods of six minutes in length (two 3-minute halves) with 3 minutes in between and change of ends until a winning goal is scored.

- Section 9: Jersey Color: The home team shall wear “White” or “light”; the visiting team shall wear contrasting color.
- Section 10: Bands: Home schools only may have a prep band. The band will be limited to 20 members. (This can be changed if mutually agreed upon between schools involved)
- Section 11: Noisemakers: The use of artificial noisemakers is prohibited by CIF regulations.
- Section 12: All-League Selection Guidelines:  
Most Valuable Player  
1<sup>st</sup> and 2<sup>nd</sup> Teams – 13 Players per team (3 defenders, 5 midfielders, 3 attackers, 1 goalie, faceoff)

#### ARTICLE XIV SOCCER

- Section 1: Length of Games: The length of games will be determined by current Blue Book regulations. In the case of darkness or inclement weather, coaches and officials will be able to make time adjustments.
- Section 2: Time of Contest: Contest times will be officially set and printed as part of the adopted League schedule. Varsity games begin at 7:15 p.m., which includes the necessary warm-up time needed between games.
- Section 3: Officials: Two Association officials are mandatory for a Varsity game. Three will be requested for Varsity, two for Junior Varsity, and one for Frosh/Soph. Officials will be paid according to current Blue Book specifications.
- Section 4: Timers: Timers of soccer games will be the head referee who will keep time on the field.
- Section 5: Balls: The official ball for all divisions shall be a first line, all-weather ball or equivalent mutually agreed upon by both coaches and the officials. Each school should have three balls for each contest. The home team must provide two ball shaggers throughout the game.
- Section 6: Tie Games: If a regular League game ends in a tie score, it is recorded as a tie after two 10 minute full time overtime periods are played (with golden goal) – Varsity Only. See system below in Section 11 for determining a League Champion.
- Section 7: Crowd Control: In an effort to improve the level of play and to ensure that the student athletes in the Coastal Canyon League schools are playing under the best

conditions possible, the following guidelines will be followed in all Coastal Canyon League games: No spectators allowed on the field. If separate bleachers are available, fans should sit separately.

- Section 8: Players' Equipment: Equipment must meet the standards of the NFHS rules. Screw in cleats will be permitted unless the referee feels they are unsafe.
- Section 9: Playing Fields: All soccer fields for Coastal Canyon League competition shall be (53 yards one foot – 75 yards wide) and 110 - 120 yards in length.
- Section 10: Determination of League Champion: The League Champion shall be the team accumulating the greatest number of points in League competition in the following manner:
- A. Three points awarded for each League win
  - B. One point for each League tie.
  - C. No points for each League loss.
- Section 11: Tiebreaker:  
In the event two or more teams accumulate the same amount of points for any place, ties will be broken in the following order:
- A. See Article 2, Section 8
  - B. Play-in game if all of the above still results in a tie. Game would include the two full 10 minute overtime periods (including golden goal) and go to penalty kicks if necessary.
- Section 12: All-League Teams: All-League teams will be selected on the first Monday following the last League game.
- All-League Selection Guidelines:  
See APPENDIX 2
- Section 13: Red Card. Yellow Card: The current Blue Book regulations will be followed.
- Section 14: Contests will be played at 4:00pm, 5:30pm, and 7:15 pm or mutually agreed.
- Section 15: Club and Academy soccer players cannot compete in an outside organized competition as of the first Monday after Thanksgiving if they choose to play on their high school team. As of the first Monday after Thanksgiving, he/she may not play on an outside team and retain their eligibility for the entirety of the high school season, including playoffs. No player declaring eligibility for a (an) Academy or Club team can be added to the high school roster after the first Monday after Thanksgiving.

## ARTICLE XV SOFTBALL

- Section 1: Length of Games: The length of games will be seven innings.

- Section 2: Game Sites: Varsity, Junior Varsity, and Frosh/Soph will all play at the same time and general location, unless changed by the Council.
- Section 3: Time: Game times will be officially set and printed as part of the adopted League schedule. Camarillo F/S play at 3PM.
- Section 4: Officials: There will be two required for Varsity, unless mutually agreed for one, and one for lower levels.
- Section 5: Rules: League rules shall follow NFHS rules as well as CIF Bluebook.
- Section 6: Batting Practice: There shall be no pre-game batting practice with the exception of "soft toss"; only an equitable warm-up infield practice is allowed. (Soft Toss is defined as underhand and from the side).
- Section 7: Varsity and Lower Level Mercy Rule: Varsity level games shall end after five innings of seven inning game when a team is behind by 10 runs. All lower levels will end if a team is ahead by 15 or more runs after 4 innings.
- Junior Varsity and Frosh/Soph Time Limit. For Junior Varsity and Frosh/Soph games only, no new inning shall start after two hours of play. These games are not limited to seven innings, if the game is tied.
- Section 8: Approved Softball: All games will use a ball agreed upon by the League coaches and approved by CIF.
- Section 9: Tiebreaker:
- See Article 2, Section 8
- \*\* All schools need to keep the last Friday of the CIF regular season open and also secure 2 fields at their home site.
- Section 10: Rainouts: Rainouts will be scheduled on the next available date agreeable with both coaches and officials' availability for league games. Every effort must be made to schedule games to complete the League schedule prior to completion of the CIF season.
- Section 11: Teams need to keep updated stats via online resource (MaxPreps) or email the head coaches with weekly updated stats, every 7 to 10 days.
- Section 12: All-League Selection Guidelines:  
See APPENDIX 2

#### Voting Procedures/Guidelines:

1. Coaches can vote for their own players
2. Votes will be written on paper, returned to the host school (Simi Valley) , and stated as what athletes received votes. The votes will be tallied on the board.

## ARTICLE XV SWIMMING

Section 1: Time: Meet times will be officially set and printed as part of the adopted League schedule. 3:30 start time.

Section 2: Rotation: The rotation of events for combined boys' and girls' meets shall be: Girls JV; Boys JV; Girls Varsity; Boys Varsity. The order of events applying this rotation follows the standard order designated by the current CIF Blue Book.

Section 3: Host School Responsibilities: Adequate starting blocks, flags, and the host school must provide lane lines. The host school shall provide timers, judges, and starter/official. The host school must supply at least two timers for each lane.

Section 4: Standard Meet Forms: It is strongly recommended that the League adopt a meet form for all schools to use for management of meets..

Section 5: The national swim rule that the visitor gets to select lanes for each meet must be enforced.

### Section 6: Meet Organization

- A. Order of 11 Scoring Events – Lowest event times determines the finish order.

200 Medley Relay, 200 Freestyle, 50 Freestyle, 100 Butterfly, 100 Freestyle, 500 Freestyle, 200 Free Relay, 100 Backstroke, 100 Breaststroke, 400 Free Relay

- B. Scoring – Dual Meet – The first heat of all events will be the scoring heat, additional heats will be referred to as non-scoring heats with no points being awarded.

Individual Events:	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	
	6	4	3	2	1	0	16 pts possible per single event
Relay Events	8	4	2				14 pts possible per each relay

- C. Scoring – League Championship Meet – The first and/or second heat of all events will be the scoring heats(s), additional heats will be referred to as non-scoring heats with no points being awarded.

Individual Events	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	
	16	13	12	11	10	9	71 pts. possible per event
Relay Events	32	26	24	22	20	18	142 pts possible per event

- D. Scoring Forfeit – In the event that a team wins a meet by forfeit, the score shall be recorded as a 12-0 forfeit win.

#### Section 7: League Championship

The League Championship meet shall be held at the end of the dual meet season with the date, location, and time specified in the swim schedule and approved by the league administration and in accordance with NFHS Rules. A league swimming prelim meet shall precede the League Championship meet 2 days prior to the League Championship Finals.

A. Entry Forms and Date – The school hosting the championships (Royal or Camarillo), shall publish an entry deadline. The host school will provide entry forms to member schools at least 1 week prior to the league prelims. League schools entering swimmers into the League championships MUST complete and return the entry forms 3 days prior to the League Prelims. **EACH ENTRY MUST HAVE THE SWIMMERS NAME AND THEIR BEST TIME IDENTIFIED ON THE ENTRY FORM FOR EACH EVENT.**

B. League Champion – The Coastal Canyon Swim League Championship will be determined by the league school having the best dual meet record equaling 50% and the League Championship Meet champion equaling 50%.

**If 2 schools tie, one, the champion of the regular season dual meets and one, the winner of the League Championship Meet, the League Champion will be determined by the winner of the League Championship Meet.**

C. The League Championship Meet is used to determine the All-League team.

All League Team – The All-League team will be determined by the top 2 finishers in each event including members of any relay team not already identified by an individual event top 2 finish at the Coastal Canyon League Championship Meet.

## ARTICLE XVII TENNIS

- Section 1: Time: Match times will be officially set and printed as part of the adopted League schedule.
- Section 2: Number of Matches: Each varsity match shall consist of round robin play – three singles and three doubles. Players shall play a round robin each player of one team playing one traditional set with each player of the other team. A 12-point tiebreaker will be used when the set score is six all. Each set won counts one point in singles and also counts one point in doubles. In round robin play visiting players shall remain on the same court for all of their matches, while the home team shall rotate from court to court. In case of a tie in points when all sets have been counted, the total number of games shall determine the winner. If the teams are still tied a round robin of tiebreakers will be played using the same lineup and playing in the same order as the sets were played. The team winning the most tiebreakers will determine the winner.
- Section 3: Junior Varsity Matches: All players will play doubles and use No-Ad scoring. Each match shall consist of an eight game pro set. The boys and girls will play five doubles matches. A tiebreaker will be played when the score is eight to eight.
- Section 4: Player Limitation: No player may play singles and doubles, or Varsity and Junior Varsity in the same contest. Seniors may play at the JV level.
- Section 5: Line-Ups: Coaches shall exchange line-ups before the players are introduced and assigned to courts. Current CIF Blue Book will determine substitution rules. It is agreed that there is to be no stacking of line-ups for competition. Number one players will play each other in the first round. The home team players will rotate up after each round. Home team number three plays visitor number two, home number two plays visitor number one, and home number one plays visitor number three in the second round.
- Section 6: Coaching: Head Coaches may coach during the 90-second maximum of time allowed for changeovers. Coaching must not delay the start of play at the end of the 90 seconds or distract the opposing player.
- Section 7: Warm-Up: A ten-minute pre-game warm-up will be permitted each competing school. Home schools will allow visitors freedom of the courts for pre-game warm-up. Before each individual match a minimum five minutes of warm-up will be permitted. Longer pre-game warm-up time can be arranged through the mutual agreement of competing coaches. Players are allowed a minimum of five minutes between each set.
- Section 8: CIF Qualifying Tournament: The League shall sponsor this event at the conclusion of the dual match season on the CIF approved dates. Entries in CIF are the responsibility of the host meet Manager
- Section 9: CIF Individual Qualifying Entries: Each school shall be entitled two singles players and two doubles teams for the CIF Qualifying meet.



- Section 10: League Tournament Seeding: A seeding meeting for the CIF Individual Qualifying Tournament shall be held before the League Tournament. At the seeding meeting, coaches shall designate who plays doubles. No defeated singles player may participate in doubles qualifying.
- Section 11: Ojai Tournament: In Boys' Tennis if a school has a player in the Interscholastic Division of the Ojai Tournament; the League Dual Match between those schools will be moved. It will be moved back to the Wednesday before the Ojai Tournament.
- Section 12: Continuous Play: All serves must be taken prior to the start of the set. Ninety seconds are allowed for changing sides after each odd game. Players may not leave the court during the set.
- Section 13: Penalties: The USTA Code of Penalties will be in effect and will be administered by each coach against his/her players.
- Section 14: Balls: The home team furnishes the balls for each match.
- Section 15: Rules: USTA rules will be used except as superseded by CIF rules and Coastal Canyon League rules.
- Section 16: Ties: If teams league records tied at the end of the season, the Coastal Canyon League will enforce the following tiebreaker.
- A. Compare head to head match scores.
  - B. Compare head to head set scores.
  - C. Compare head to head game scores.
  - D. Apply Coastal Canyon League Tie-Breaker (Article II, Section 9)
  - E. Coin Flip

## ARTICLE XVIII TRACK AND FIELD

- Section 1: Time: Meet times will be officially set and printed as part of the adopted League schedule. (3:30pm)
- Section 2: Starter: A qualified officials Association member is required.
- Section 3: Classification:
- A. Boys: Varsity- any eligible (9-12); Junior Varsity- any eligible (9-12); Frosh/Soph- any eligible (9-10)
  - B. Girls: Any eligible (9-12) student can compete at either JV or Varsity. Frosh/Soph – any eligible (9-10)

Regular Season Divisions:

JV, Varsity

League Finals:

FS, JV and Varsity

Section 4: Conducting Dual/Tri Meets:

- A. Rules and regulations as to general procedure will follow the CIF policy and the current NFTF rules.
- B. The starter will act as meet referee.
- C. The visiting and host coach will exchange entries to the host school at 5:00PM the day before the meet. League entries will be submitted on Hy-Tek Team Manager Software. In the event the visiting school is not in compliance, if either school does not meet the deadline the meet will be under protest and reported to the League.
- D. A contestant is officially entered in an event when the host school receives entries. Once a contestant has been officially entered in an event, it will be charged against his/her total number of allowed events, even though he does not actually compete in the event.
- E. The meet will be seeded by 9:00AM on the day of the meet and sent to all schools. Coaches have until 2:30PM to make changes (up to five per division.) No changes shall be made after 2:30 PM. The Meet Manager has 30 minutes to make changes to the meet and give the seeded meet to the Clerk of the Course. Changes may consist of replacements/insertions into existing lane assignments whereas reseeding will not occur. Home team will have odd number lanes and the visiting team will have even number lanes. Any athletes that add after 2:30 will be exhibition only.
- F. Scoring in a dual meet is 5-3-1, with 5 for the winning relay team. If a tie occurs, the points will be split.
- G. A backup stopwatch should be used for every race.
- H. All throwing events will consist of 3 attempts.
- I. All jumping events will consist of 3 attempts.
- J. Field events will be seeded worst to best, except horizontal jumps will be open pit.
- K. Scoring-Only the first heat in each event/division shall score.
- L. The Host School's Athletic Director or their designee shall act as Meet Director for all home meets. The Host school to act in capacity of event manager will supply one responsible adult per each field event; as many students as required may assist them.
- M. The host school will provide a Hy-Tek qualified computer operator to facilitate entry of meet data to obtain scoring/results.
- N. Each participating school shall leave the meet with a complete set of results.
- O. All relay names shall be listed including as many as two alternates. Results should list actual competitors.
- P. Starting Heights
  - a. Pole Vault: 1 foot below prelim standard
  - b. High Jump: 6" below prelim standard.

Section 5: Individual Championships: Shall be determined at the All-League Final Meet only.

Section 6: Adult Assistance: Three adults from each participating school shall be in attendance at League prelims and finals to assist the host school in running the meet.

Section 7: Conducting League Prelims and Finals:

- A. Rules and regulations as to general procedure will follow CIF and National Federation Policy.

- B. Participants: All levels will have unlimited entries into league prelims as long as athletes have met the minimum league standard.
- C. Entries will be sent to Moorpark High School via E-Mail by Tuesday before League Prelims by 5:00PM. Meet will be seeded and returned to schools by 9:00 AM Wednesday. Coaches should submit revisions by Saturday at noon. Meet will be re-seeded and sent out by Monday 9:00 AM. Final revisions are due Monday (day before meet) by 5:00 PM. No changes after 5:00PM Monday. Meet Program will be sent out Tuesday by 9:00 AM. Scratches for League Finals are due on Wednesday by 7:00 PM. Meet will be seeded by Thursday at noon.
- D. Qualifying for Finals: In running events the number of finalists will be equal to the number of lanes available, in distance events 12 runners will advance to finals. Heats will be run in all events except relays and varsity 3200m. Lane assignments in relays will be based on best season League marks. Nine will qualify for finals in field events. Heat winner plus next fastest times will qualify for finals.
- E. Schools will not be allowed to trade lanes or move a runner from his/her assigned lane to another.
- F. Lanes for the prelims will be assigned by best time in any CIF meet during the current year. Seeding will follow CIF and National Federation rules. All athletes must meet qualifying standards in a dual league meet. No exceptions.
- G. Starting Heights:
  - a. Pole Vault/High Jump: at prelim standard.
- H. Field Events: Frosh/Soph field events shall be run as finals on the day of the prelims. In the long and triple jump, the shot put and discus, each contestant shall receive three trials.  
Varsity Field Events: No prelims will be held in Varsity field events. In the long and triple jump, shot put and discus, each contestant shall receive four trials.
- I. Although no prelim is run in the 3200m, contestants must be listed and this counts as one of their events.

Section 8: CIF Qualifying: Immediately following the League meet, all head coaches shall gather to determine CIF entries. CIF standards and guidelines will be used for entries.

Section 9: Coastal Canyon League Prelim Qualifying Standards:

Event	V Boys	FS Boys	V Girls	FS Girls
100	12	13	14	15
200	25	27	29	31
400	58	62	68	75
800	2:15	2:30	2:40	2:50
1600	5:00	5:30	6:00	6:30
3200	11:00	13:00	13:00	14:00

High Hurdles	19	20	20	21
300 Hurdles	50	55	55	60
Long Jump	18	15	14	13
Triple Jump	35	30	28	25
High Jump	5'6	4'8"	4'6"	4
Pole Vault	10	9'	7.6"	6.6"
Shot Put	35	30	25	22
Discus	100	80	70	50

## Section 11: Adopted Coastal Canyon League Schedule of Track Events

### A. Coastal Canyon League Track and Field Order of Events: Dual Meets

#### Running Events: 3:00PM

4x100m Relay - Girls JV, Boys JV, Girls V, Boys V  
 1600m Run - Girls JV, Boys JV, Girls V, Boys V  
 100m Hurdles (30") - Girls JV  
 100m Hurdles (33") - Girls V  
 110m Hurdles (36") - Boys JV  
 110m Hurdles (39") - Boys V  
 400m Dash - Girls JV, Boys JV, Girls V, Boys V  
 100m Dash - Girls JV, Boys JV, Girls V, Boys V  
 800m Run - Girls JV, Boys JV, Girls V, Boys V  
 300m Hurdles (36") - Boys JV, Boys V  
 300m Hurdles (30") - Girls JV, Girls V  
 200m Dash - Girls JV, Boys JV, Girls V, Boys V  
 3200m Run - Girls combined, Boys combined  
 4x400m Relay - Girls JV, Boys JV, Girls V, Boys V

#### Field Events: All except pole vault start at 3:00 PM

Long Jump - 3:00 to 4:30 (Two Pits) Approximate  
 Triple Jump - 5:00 to 6:30 (Two Pits) Approximate  
 High Jump - Boys V, Girls V, Girls JV, Boys JV (Two Pits)  
 Pole Vault starts at 2:30PM Boys V, Girls V, JV combined  
 Shot Put - Girls V, Girls JV, Boys V, Boys JV  
 Discus - Boys V, Boys JV, Girls V, Girls JV

**All field events will consist of three attempts**

**Coaches can mutually agree to lengthen or shorten time for field events. If agreement is not reached the above time schedule will be followed.**

B. Coastal Canyon League Track and Field Order of Events Prelims.

Running Events: 4:00PM

1600m Run - Girls FS, Boys FS, Girls V, Boys V  
 100m Hurdles (30") - Girls FS  
 100m Hurdles (33") - Girls V  
 110m Hurdles (36") - Boys FS  
 110m Hurdles (39") - Boys V  
 400m Dash - Girls FS, Boys FS, Girls V, Boys V  
 100m Dash – Girls FS, Boys FS, Girls V, Boys V  
 800m Run - Girls FS, Boys FS, Girls V, Boys V  
 300m Hurdles (36") - Boys FS, Boys V  
 300m Hurdles (30") – Girls FS, Girls V  
 200m Dash – Girls FS, Boys FS, Girls V, Boys V  
 3200m Run - Girls FS, Boys FS  
 4x400m Relay – Girls JV, Boys JV, Girls V, Boys V

Field Events: 3:00PM, FS Finals

Long Jump - 3:00 to 4:30 (Two Pits) Approximate  
 Triple Jump - 5:00 to 6:30 (Two Pits) Approximate  
 High Jump - Girls FS, Boys FS (Two Pits)  
 Pole Vault - Boys FS, Girls FS  
 Shot Put - Girls FS, Boys FS  
 Discus - Boys FS, Girls FS

**All field events will consist of three attempts**

**Meet director has discretion to allow an AP Exam athlete to begin competing after the event has started. Coaches can mutually agree to lengthen or shorten time for field events. If agreement is not reached, the above time schedule will be followed.**

C. Coastal Canyon League Track and Field Order of Events Finals

Running Events: 5:00PM

4x100m Relay – Girls FS, Boys FS, Girls V, Boys V  
 1600m Run - Girls FS, Boys FS, Girls V, Boys V  
 100m Hurdles (30") - Girls FS

100m Hurdles (33") - Girls V  
 110m Hurdles (36") - Boys FS  
 110m Hurdles (39") - Boys V  
 400m Dash - Girls FS, Boys FS, Girls V, Boys V  
 100m Dash – Girls FS, Boys FS, Girls V, Boys V  
 800m Run - Girls FS, Boys FS, Girls V, Boys V  
 300m Hurdles (36") - Boys FS, Boys V  
 300m Hurdles (30") – Girls FS, Girls V  
 200m Dash – Girls FS, Boys FS, Girls V, Boys V  
 3200m Run - Girls FS, Boys FS  
 4x400m Relay – Girls JV, Boys JV, Girls V, Boys V

Field Events: 4:00PM, Varsity Only

Long Jump - 3:00 to 4:30 (Two Pits) Approximate  
 Triple Jump - 5:00 to 6:30 (Two Pits) Approximate  
 High Jump - Girls V, Boys V (Two Pits)  
 Pole Vault - Boys V, Girls V  
 Shot Put - Girls V, Boys V  
 Discus - Boys V, Girls V

**All field events will consist of three attempts**

**Meet director has discretion to allow an AP Exam athlete to begin competing after the event has started. Coaches can mutually agree to lengthen or shorten time for field events. If agreement is not reached, the above time schedule will be followed.**

ARTICLE XIX      VOLLEYBALL

- Section 1: Rules: Current CIF Blue Book policy along with National Federation Volleyball rules shall govern all League contests.
- Section 2: Match: A match will consist of three out of five for varsity, and two out of three for lower levels.
- Section 3: Time: Match times will be officially set and printed as part of the adopted League schedule. The varsity match will start no later than 20 minutes after the end of the Junior Varsity match.
- Section 4: Officials: Officials will be assigned by the area Liaison.
- Section 5: Ball: Regulation NFHS leather volleyball shall be used in all League contests.
- Section 6: All League Teams: All League teams will be selected and honored.

Section 7: All-League Selection Guidelines:  
See APPENDIX 2

Section 8: The tiebreaker will be as follows:

For 1<sup>st</sup> and 2<sup>nd</sup> spot ties – head to head will be the determiner. ***If still tied, a coin flip would be used.***

For ties for the final play-off spot(s), and if head to head does not break a two-way tie, a match would happen. If there is a 2-way tie for the 3<sup>rd</sup> place spot, a 3 out of 5 match would be played. If there is a 3-way tie for the 3<sup>rd</sup> place spot, coin flip would be done designating schools A, B and C. A would play B (2 out of 3 match) and the winner would play C (two out of three match). The winner of the 2<sup>nd</sup> match would get the 3<sup>rd</sup> place spot.

All “play-in” matches would be played at neutral sites.

## ARTICLE XX    WATER POLO

Section 1: Rules: The NFHS Water Polo Guide and the CIF Blue Book shall govern the water polo competition except where otherwise stated in this section.

Section 2: Water Temperature: The water temperature for all games must be between 76-82 degrees Fahrenheit. If these temperatures are not maintained, the visiting school must be notified four hours in advance. Officials must also be notified. The game must be rescheduled within the following week.

Section 3: Time: Game times will be officially set and printed as part of the adopted League schedule.

Section 4: Officials: There will be two officials (if available) for all games.

Section 5: The tiebreaker will be as follows:

1. Head to Head competition. Head to head will only apply to 2 teams. If 3 or more teams are involved, the Coastal Canyon Point System will be used to rank teams for playoff games.
2. Playoff in the pool after regular season (for final playoff spot only, 3<sup>rd</sup> place, not seeds) \*
3. Coastal Canyon Tiebreaker Point System
4. Coin Flip

In case of a 2, 3 or 4-way tie for 4<sup>th</sup> place, after applying head to head competition, the following playoff system will apply:

1. Blind Draw for seeds 1 and 2, 2 and 3, or 1, 2, 3 and 4.
2. In the 3-way tie, seeds 2 vs 3 play and the winner plays 1. In a 4-way tie, seeds 1 vs 4 and seeds 2 vs 3 play and the winners play to determine the playoff spot.

3. Site: Mutually agreed alternate site or at League Representative for Water Polo (Agoura), unless included in playoff.

\*All schools need to keep the last Thursday and Friday of the CIF regular season open and secure pool time at their home site.

Section 6: All-League Selection Guidelines:  
See APPENDIX 2

## ARTICLE XXI     WRESTLING

Section 1: Time: Meet times will be officially set and printed as part of the adopted League schedule.

Section 2: Weigh-In: Wrestlers shall weigh-in in accordance with National Rules, along with the CIF Blue Book.

Section 3: Rules: All meets shall be conducted and directed according to National High School Federation rules with CIF modifications. Junior Varsity matches will have one and a half minute periods.

Section 4: Varsity and Junior Varsity Tournament: The League shall sponsor a League Finals Tournament, which shall serve as the CIF qualifying meet. That meet will be held one week prior to the CIF tournaments. After all expenses are taken out of the gate, any additional expenses shall be charged to the League.

- A. Awards: An appropriate certificate shall be given for first, second and third in each weight class.
- B. Eligibility: Each school shall be allowed one representative per weight class.
- C. Officials: Will be assigned by the Liaison.
- D. Seeding: Seeding shall be determined at a coaches meeting prior to the first match.

Section 5: Tournament Responsibilities: The Junior Varsity and Varsity League Final Meets will be held at Camarillo High School. The host school will get the concessions. Host school shall be responsibility for CIFSS entries.

Section 6: Seniors: Seniors may wrestle on Junior Varsity teams.



## APPENDIX 1

### Coastal Canyon League Gymnasium Fan Management Guidelines

(These guidelines are a compendium of the efforts being made throughout the league by administration and athletic staff to better control student cheering sections at basketball games.)

1. Promote behavior expectations to students
  - a. Have students sign a conduct agreement before the season.
  - b. Meet and discuss prior to the beginning of the season proper, acceptable behavior for student cheering sections. Students should be reminded to support their team without deriding or making personal attacks towards their guests.
  - c. Have public address announcer promote sportsmanship as part of event and player introductions.
2. Logistically place student cheering sections within the gymnasium
  - a. Keep home group on opposite side of gym directly across from the home bench
  - b. Place visiting group behind visiting team bench diagonally opposite home group
  - c. Keep the first(bottom) row or two of the bleachers free of students with the exception of uniformed cheerleaders
  - d. Under no circumstances should an opposing team's cheering section be placed behind an other teams' bench
3. Supervise student cheering sections during and following the event
  - a. Place supervising administrators/designees adjacent to the student cheering section
  - b. Hire/assign additional personnel to supervise student cheering sections
  - c. Place supervisors in all four corners of the gymnasium
  - d. Keep administrators on the gymnasium floor during the after-game handshake
  - e. Remain vigilant to fans and students and supervise them as they exit the gymnasium
  - f. Encourage a swift exit at the conclusion of the game
  - g. Escort visiting team to locker room following the game
  - h. Whenever possible, establish an exit route for the visiting teams from the locker room to their transportation to avoid the lingering fans
  - i. Enlist cheerleader involvement with student cheering section
  - j. Select a student "Captain" to lead the cheering section
4. Hold students responsible for inappropriate behavior at events
  - a. Remove offending students from the event
  - b. Restrict entrance to future gymnasium activities/events
  - c. Consistently follow the school-established student contract regarding student behavior as spectators at sporting events

## COASTAL CANYON LEAGUE SPORTSMANSHIP PLEDGE

Good sportsmanship is viewed by the California Interscholastic Federation and the Coastal Canyon League as a measure of the understanding and commitment to ethical behavior, integrity and "Victory with Honor." CIF and the Coastal Canyon League expect all participants and spectators in tonight's contest to exhibit good sportsmanship.

Our games are learning experiences for all our student athletes. We expect you to support your team's efforts without displaying any disrespect towards the officials or the opposition. Your sportsmanship will ensure that this contest displays the positive values of the community and the school that each of you represent.

Remember, we cannot always be winners, but we can always be good sports.

(National anthem/Team introductions)

<p>One MVP is chosen per league. The school that gets the MVP reneges one of its First Team positions and that slot becomes a 1st Team At-Large slot. While not encouraged, if a Co-MVP is selected, the team with either of the Co-MVP players will lose a slot and that slot is moved to the 1st Team At-Large category. If a team that receives no 1st Team allotments has a player that is MVP or Co-MVP then that team reneges a 2nd team slot and that slot moves to the 2nd Team At-Large category.</p>									
<p><b>THE PROCEEDINGS AND RESULTS OF THE MEETING ARE TO BE KEPT CONFIDENTIAL UNTIL PLAYOFFS ARE OVER FOR THE ENTIRE LEAGUE.</b></p>									
<p><b>SIGNATURE:</b> _____</p>									
<p>(PRESIDING AD WILL COLLECT A SIGNATURE FROM EACH COACH)</p>									

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**MVP** - MVP's are chosen by voting to begin the meeting. A school that gets the MVP reneges one of its First Team positions and that slot becomes an At-Large slot. While not encouraged, if a Co-MVP is selected, the team with either of the Co-MVP players will lose a slot and that slot is moved to the 1st Team At-Large category. If a team that receives no 1st Team allotments has a player that is MVP or Co-MVP, then that team reneges a 2nd Team slot and that slot moves to the 2nd Team At-Large category.

**Baseball** - One MVP and one MVP pitcher is chosen.

**Soccer** - Three MVP's are chosen - one for offense, one defense and one goalie.

**Lacrosse** - One MVP and one MVP Goalie is chosen.

**Water Polo** - One MVP and One MVP Goalie is chosen.

**Flag Football** - One offensive MVP and one defensive MVP is chosen.

**Golf** - MVP and the next six golfers at the League Final shall be designated as the 1st Team All-League. The next 5 golfers shall be designated as 2nd Team All-League.

**Tennis** - MVP's will be the top finishers in singles and doubles. For ease in understanding, the overall winners are 1st Team. The finals' loser is 1st Team and the 3rd place match winners are 1st Team. The semi-finalists and the 3rd place losers are the 2nd Team. Then 6 At-Large slots are available as 2nd Team selections.

	1st Team	2nd Team
Singles	3	1
Doubles	6	2
At-Large		6

**Track** - In league finals, 1st place finishers are 1st Team; 2nd place finishers are 2nd Team; 3rd place finishers are Honorable Mention.

**Swimming** - In league finals, 1st place finishers are 1st Team; 2nd place finishers are 2nd Team; 3rd place finishers are Honorable Mention.

**Wrestling** - League champions in each weight category shall be considered 1st Team All-League; 2nd place finishers shall be considered 2nd Team All-League. These are all determined at the league finals.

**Appendix 2:**  
**Coastal Canyon League**  
**All-League Nomination Form**

**PLEASE KEEP CONTENT & RESULTS OF THIS MEETING CONFIDENTIAL UNTIL PLAYOFFS END!**

School:	Year:	League:	Sport:
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Head Coach:	AD Signature:
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League Record:	Overall Record:	Place:
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\*Any player who does not make the first team nomination will be moved to the second team nomination\*

**First Team Nominations**

**Second Team Nominations**

Player	School	Year	Player	School	Year

**MVP Nomination (also appears on first team nomination)      Coach of the Year Nomination**

Player	School	Year	Coach	School

### Appendix 3: Altercation Plan

#### Altercation Plan

From time to time, during competition, altercations between opposing teams/athletes occur. The ultimate goal of this Altercation Plan is to reduce additional ejections and promote safety and good sportsmanship in challenging circumstances. This plan should be reviewed and practiced by teams prior to the start of their season.

When an altercation takes place:

- Coaches on the sideline take 2 steps onto the playing surface, face their players on the bench with arms outstretched, and give them a directive to sit down or take a knee, depending on the sport. In Football, players need to be instructed to take off their helmets as well.
- This instruction can be made with a specific word, for example “Red” or “Poison.”
- One coach, usually the HC, will direct athletes on the playing surface not associated with the incident to sprint to the sideline, and also work to disengage the athlete(s) involved in the altercation.
- The HC will work with the Officials to restore order to the contest, enforcing any ejections/fouls/misconducts.
- All altercations that result in ejections will be reported to CIF and a Misconduct Report will be generated on CIF-SS Home. Please refer to the Blue Book for specific details.

## APPENDIX 4: GENDER IDENTITY

### DEFINITIONS:

For the purposes of this policy, the following definitions apply:

#### 1. TRANSGENDER PERSON

A person whose gender identity does not match the sex assigned to him or her at birth. This cross gender identification is often referred to as gender dysphoria. When the gender dysphoria causes clinically significant distress or impairment, it is sometimes classified as Gender Identity Disorder. A transgender person who is born female-bodied but identifies as male is referred to as a transgender man or a female-to-male transsexual. A transgender person who is born male-bodied but identifies as female is referred to as a transgender woman or a male-to-female transsexual.

#### 2. INTERSEX PERSON

"Intersex" is a general term used to indicate a person born with a reproductive or sexual anatomy and/or chromosome pattern that doesn't seem to fit the typical definitions of female or male. This may be the result of several different medical conditions involving chromosomal variations, hormonal variations, ambiguous genitalia, and/or an anatomy that includes both male and female characteristics. The medical term for this condition is a Disorder of Sexual Development of "DSD." "Intersex" is not the same as "transgender," although some people identify as both intersex and transgender. However, the two groups may face similar situations in needing to change gender designations for the purposes of participation in school activities.

#### 3. GENDER IDENTITY

A person's deeply-felt internal sense of being male or female.

#### 4. GENDER EXPRESSION

A person's external characteristics and behaviors that are socially defined as either masculine or feminine, such as dress, mannerisms, speech patterns and social interactions.

### CORE VALUES:

The CIF Gender Identity policy has been developed based on the following core values:

Acknowledging that the CIF policy will likely need to be reviewed and revised to reflect increased medical understanding and evolving societal norms

Grounding a policy in sound medical practice

Enacting a policy that will maximize flexibility and privacy with minimal restrictions

Providing a space for intersex and transgender students to exist and thrive

Reducing bullying and harassment of students

Preserving existing practices regarding girls' participation on boys' teams as per current CIF policy. Recognizing the value of education based athletics for all students

Emphasizing that participation in education based athletics is not just allowed, but encouraged for all students Adhering to California state and federal law regarding gender equity and educational opportunity

Operating from the presumption that all students will have access to programs and eligibility policies

Creating a level playing field for all students

Reducing economic barriers, especially for minority populations

Addressing the concerns of parents, teachers and coaches through an educational component

## GUIDELINES FOR GENDER IDENTITY PARTICIPATION

**GENDER IDENTITY PARTICIPATION** -All students should have the opportunity to participate in CIF activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. The student and/or the student's school may seek review of the student's eligibility for participation in interscholastic



athletics in a gender that does not match the gender assigned to him or her at birth, via the following procedure below should either the student or the school have questions or need guidance in making the determination.

Once the student has been granted eligibility to participate in interscholastic athletics consistent with his/her gender identity, the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season or school year. All discussion and documentation will be kept confidential, and the proceedings will be sealed unless the student and family make a specific request.

1: NOTICE TO THE SCHOOL: The student and/or parents shall contact the school administrator or athletic director indicating that the student has a consistent gender identity different than the gender listed on the student's school registration records, and that the student desires to participate in activities in a manner consistent with his/her gender identity.

2: NOTICE TO THE CIF: The school administrator shall contact the CIF office, which will assign a facilitator who will assist the school and student in preparation and completion of the CIF Gender Identity eligibility appeal process.

3: FIRST LEVEL OF APPEAL: The student will be scheduled for an appeal hearing before an eligibility committee specifically established to hear gender identity appeals. The CIF shall schedule a hearing as expeditiously as possible, but in no case later than five (5) school business days of that member school prior to the first full interscholastic contest that is the subject of the petition, or within a reasonable time thereafter in cases of emergency, including, but not limited to, any unforeseeable late student enrollment. The Gender Identity Eligibility Committee will be comprised of a minimum of three (3) of the following persons one of whom must be from the physician or mental health profession category:

A. Physician with experience in gender identity health care and the World Professional Association for Transgender Health (WPATH) Standards of Care.

B. Psychiatrist, psychologist or licensed mental health professional familiar with the World Professional Association for Transgender Health (WPATH) Standards of Care.

- C. School administrator from a non-appealing school
  - D. CIF staff member
  - E. Advocate familiar with Gender Identity and Expression issues
4. DOCUMENTATION: The appealing student should provide the Eligibility Committee with the following documentation and information:
- A. Current transcript and school registration information
  - B. Documentation of student's consistent gender identification ( e.g., affirmed written statements from student and/or parent/guardian and /or health care provider)
  - C. Any other pertinent documentation or information
- 5: SECOND LEVEL OF APPEAL: An aggrieved student wishing to appeal the Gender Identity Eligibility Committee decision shall file notice of appeal with the Executive Director of the CIF on or before the tenth (10th) school business day following the date of receipt of the written decision of the Gender Identity Eligibility Committee denying the petition. An appeal to the CIF Executive Director shall require the Executive Director to schedule a hearing to commence on or before the tenth (10th) school business day following the date of receipt of the written notice of appeal. Written notice of the time and place of the hearing shall be delivered to the petitioned appellant in person or by certified mail, with return receipt requested, no later than five (5) school business days of that member school prior to the date of the hearing. When there is confirmation of a student's consistent gender identity, the eligibility committee/CIF Executive Director will affirm the student's eligibility to participate in CIF activities consistent with the student's gender identification. The CIF will facilitate the provision of resources and training for a member school seeking assistance regarding gender identity.

## Appendix 5: Heat Index and AQI Protocols



## Recommendations and Requirements

### Heat Illness Prevention and Air Quality for Students

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## 1. Scope

- a. This document is intended to protect students from hazardous heat and air quality during physical activities including recess, lunch period, physical education class, athletic activities, and other extracurricular activities that take place outdoors.
- b. For employee requirements refer to:
  - 1) California Code of Regulations (CCR), Title 8, section 3395, Heat Illness Prevention.
  - 2) CCR, Title 8, section 5141.1, Protection from Wildfire Smoke.

## 2. Definitions

- a. Acclimatization – the process of enhancing activity heat tolerance and the ability to function safely and effectively in warm to hot conditions.
- b. Heat Index – A measurement that combines the air temperature and relative humidity to establish a human-perceived equivalent temperature,

- 1) “How hot it Feels” or “Feels Like”
  - 2) Is calculated for shady areas.
  - c. Heat Risk Level – a value symbolized by a color and number that places forecast heat for a specific location into an appropriate level of heat concern, along with identifying groups potentially most at risk at that level.
  - d. Heat Illness – a medical condition resulting from the body’s inability to cope with a particular heat load or exposure to sunlight.
  - e. Wet Bulb Globe Temperature (WBGT) – The measure of the heat stress in direct sunlight, which takes into account temperature, humidity, wind speed, solar radiation (sun angle and cloud cover).
    - 1) WBGT devices contain three (3) different thermometers:
      - a) A dry bulb thermometer to measure the ambient air temperature
      - b) A natural wet bulb thermometer to measure the potential for evaporative cooling.
      - c) A black globe thermometer to measure radiant heat
    - 2) The WBGT is the most accurate measure of environmental heat stress.
  - f. PM 2.5 – Solid particles or liquid droplets suspended in air, known as particulate matter, with an aerodynamic diameter of 2.5 micrometers or smaller.
3. Hazards
- a. Heat
    - 1) Dehydration, losing more fluid than taking in.
    - 2) Heat Rash, clusters of small red blisters that look like pimples on the skin
    - 3) Sun Burn, Painful, red, and warm skin, skin may blister.
    - 4) Heat Cramps, a heat illness including painful cramping, or spasms in muscles
    - 5) Heat Syncope, a heat illness where fainting occurs,
    - 6) Heat Exhaustion, a heat illness where victims may exhibit heavy sweating, pale clammy skin, tiredness and weakness, headache nausea or vomiting.
    - 7) Heat Stroke, a heat illness where victims may exhibit very high temperature 103 or higher, may lose consciousness, have hot, red and dry skin, headache dizziness, confusion.
  - b. Air Quality
    - 1) Ozone can trigger a variety of health issues such as lung irritation and inflammation, asthma attacks, wheezing, coughing, and increased susceptibility to respiratory illnesses.
      - a) The United States Environmental Protection Agency (EPA) uses ozone to determine part of the Air Quality Index.
    - 2) Particulate pollution can cause chronic bronchitis, asthma attacks, decreased lung function, coughing, painful breathing, cardiac problems and heart attacks.
      - a) The EPA uses PM 2.5 to determine the particulate pollution Air Quality Index.

#### 4. Assessment

##### a. Heat

##### 1) WBGT

- a) California education Code section 35179.8 requires the use of a WBGT device to accurately measure environmental heat stress at the site(s) of athletic activity(ies).
- b) WBGT devices should be calibrated, set up and used following the manufacturer's instructions.
- c) The WBGT device should be located as close as possible to, or even in the middle of, the activity.
- d) If the activity is in direct sunlight, the WBGT device should also be in direct sunlight.
- e) To determine activity levels, compare the WBGT device reading to the charts contained in Attachment 1, Guidelines for Outdoor Physical Activity – Heat

##### 2) Heat Index

- a) Temperature and Humidity.
  - (1) Determine the outdoor temperature and the outdoor humidity percentage.
  - (2) Calculate the heat index comparing the temperature and humidity using a heat index chart. <https://www.weather.gov/media/unr/heatindex.pdf>
  - (3) Weather.com gives a “Feels Like” temperature, which is comparable to heat risk index.
  - (4) To determine activity levels, compare the calculated heat index to the charts contained in Attachment 1, Guidelines for Outdoor Physical Activity – Heat
- b) National Weather Service Heatrisk
  - (1) Go to <https://www.wrh.noaa.gov/wrh/heatrisk/>
  - (2) Type in address in the search feature
  - (3) Compare the color on the map to the adjacent color chart and the charts contained in Attachment 1, Guidelines for Outdoor Physical Activity – Heat
- c) NIOSH/OSHA Heat APP
  - (1) Open the App
  - (2) Select Heat Index
  - (3) Compare the “Feels Like” temperature to the charts contained in Attachment 1, Guidelines for Outdoor Physical Activity – Heat

##### b. Air Quality

##### 1) Air Now AQI

- a) Go to [www.airnow.gov](http://www.airnow.gov)
- b) If necessary, type the zip code in the location feature.
- c) To determine activity levels, compare the number or color to Attachment 2, Guidelines for Outdoor Physical Activity – Air Quality

##### 2) Purple Air

- a) Go to [www.purpleair.com](http://www.purpleair.com)
- b) Select the map tab
- c) Ensure US EPA PM2.5 mode
- d) To determine activity levels, compare the number or color closest to the activity location to Attachment 2, Guidelines for Outdoor Physical Activity – Air Quality

## 5. Prevention

### a. Acclimatization

- 1) Generally, intensity and duration of activity should be gradually increased over a period of 7-14 days to give participants time to build fitness levels and become accustomed to practicing in the heat.
- 2) Heavy uniforms and protective equipment should be introduced in phases.
- 3) For all outdoor CIF fall sports
  - a) Five-Day Acclimatization Period
    - (1) Preseason practice shall begin with a five-day acclimatization period for the fall outdoor student-athletes.
    - (2) All fall outdoor student-athletes, including those who arrive at the preseason practice after the first day of practice, are required to undergo a five-day acclimation period.
    - (3) The five-day acclimatization period shall be conducted as follows:
      - (a) Participants shall not engage in more than one on-field practice per day during the five-day acclimation period.
      - (b) On-field practices shall last no longer than two hours.
  - b) Football Only
    - (1) During the first three days of practice or testing activity, helmets shall be the only protective equipment student-athletes may wear.
    - (2) During the next two days of practice or testing activity, helmets and shoulder pads shall be the only protective equipment student-athletes may wear.
    - (3) Student-athletes may practice in full pads on the sixth day of practice or testing activity.

### b. Rest Breaks

- 1) Schools should ensure and encourage students to take appropriate rest breaks to cool down and hydrate.

### c. Hydration

- 1) Students should drink plenty of fluids to prevent dehydration and other heat illnesses.
- 2) The participant should arrive to practices, games, competitions or outdoor performances and in-between practices well-hydrated to reduce the risk of dehydration.
- 3) Water should be freely accessible and water breaks should be given periodically in the shade if available and should be long enough to allow athletes to ingest adequate volumes of fluid. Unnecessary equipment should be removed during breaks.

## d. Shade

- 1) Schools should provide areas of blocked direct sunlight that allow students to cool.
- 2) Shade should be located as close as practicable to the areas where students are participating in their outdoor activities.
- 3) An indicator that shade blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight.

## e. Air Quality

- 1) consider shortening or canceling outdoor athletic events (practices or competitions) in accordance with AQI recommendations.
- 2) The Preparticipation Physical Examination for Sport will be used as a tool to identify students at risk for smoke inhalation exposure such as asthma, cardiac disease, and respiratory disease.
- 3) Emphasize to student-athletes that the wearing of masks, such as for protection against COVID-19 does not protect against exposure to hazardous air quality.
  - a) Wearing masks will not allow competition or practices when AQI is at hazardous levels.
- 4) Also refer to Recommendations and Requirements for Wildfires: Preparation and Response.
  - a) <https://www.vcssfa.org/Risk-Management/Best-Practices/Miscellaneous>

## f. Guidelines for Physical Activity – Heat

- 1) To determine activity levels in connection to heat illness prevention, refer to Attachment 1, Guidelines for Outdoor Physical Activity – Heat

## g. Guidelines for Physical Activity – Air Quality

- 1) To determine activity levels in connection with air quality, refer to Attachment 2, Guidelines for Outdoor Physical Activity – Air Quality

## 6. California Interscholastic Federation (CIF) Heat Illness and Air Quality Requirements.

- a. A student-athlete who exhibits signs of heat illness while participating in, or immediately following, an athletic activity must be removed immediately from participating in a practice or game for the remainder of the day.
- b. A student-athlete who has been removed from play after displaying signs and symptoms associated with heat illness may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider.
  - 1) Evaluation to a medical doctor (MD) or doctor of osteopathy (DO)
  - 2) A nurse practitioner (NP) or physicians assistant (PA) working under the direct supervision of a medical doctor (MD) or doctor of osteopathy (DO) may provide written clearance for return to play.
- c. Exception: If muscle cramps are not associated with any other signs and symptoms of heat illness and resolved promptly, then the athlete could return to practice or competition and would not require clearance from a licensed healthcare provider.
  - 1) If any signs and symptoms of heat illness exist alongside muscle cramps, the student athlete would need to be cleared by a physician before returning to play.

- 2) Recurrent muscle cramps also require evaluation.
  - d. All CIF member schools must refrain from outdoor practice and/or competition when the AQI is 151 or higher.
  - e. CIF Rule 503.K.
7. First Aid
- a. Refer to Attachment 3, First Aid – Heat Advisory and Air Quality
  - b. Each school shall have a method to institute whole-body cooling to treat a student athlete with exertional heat illness, especially heat stroke, that is easily accessible at all practice and contest venues
8. Resources
- a. California Education Code, sections 35179 – 35179.8  
[https://leginfo.legislature.ca.gov/faces/codes\\_displayText.xhtml?lawCode=EDC&division=3.&title=2.&part=21.&chapter=2.&article=4.5](https://leginfo.legislature.ca.gov/faces/codes_displayText.xhtml?lawCode=EDC&division=3.&title=2.&part=21.&chapter=2.&article=4.5).
  - b. National Weather Service Heatrisk <https://www.wrh.noaa.gov/wrh/heatrisk/>
  - c. CIF Heat Illness Protocol  
[https://www.cifstate.org/governance/constitution/500\\_Series.pdf](https://www.cifstate.org/governance/constitution/500_Series.pdf)
  - d. CIF Heat Illness [https://www.cifstate.org/sports-medicine/heat\\_illness/index](https://www.cifstate.org/sports-medicine/heat_illness/index)
  - e. CIF Wet Bulb Globe Temperature <https://www.cifstate.org/sports-medicine/WBGT>
  - f. Air Now <https://www.airnow.gov/?city=Camarillo&state=CA&country=USA>
  - g. Purple Air <https://map.purpleair.com>
  - h. School Air Quality Activity Recommendations:  
<https://www.cde.ca.gov/ls/ep/documents/airqualityguidance.pdf>
  - i. Air Quality and Outdoor Activity Guidance for Schools:  
<https://www.airnow.gov/sites/default/files/2018-09/air-quality-and-outdoor-activity-guidance-2014.pdf>





Attachment 1  
Guidelines for Outdoor Physical Activity – Heat

WBGT or Heat Index	Outdoor Activity Guidance
1) Level 0 2) Little to no risk 3) WBGT Index: under 76.1 4) Heat Index: under 80	1) Normal Activities 2) Provide at least three separate rest breaks each hour of athletic practice with a minimum duration of three minutes each during the workout.
1) Level 1 2) Low risk for sensitive groups 3) WBGT Index: 76.3 to 81.0 4) Heat Index: 80 to 89.9	1) Light to moderate activity / Recess/Lunch activity/PE Class. a) Encourage increased hydration, b) Encourage activities in shade when the sun is strongest. 2) Use discretion for intense or prolonged exercise 3) Provide at least three separate rest breaks each hour with a minimum duration of four minutes each.
1) Level 2 2) Moderate risk 3) WBGT Index: 81.1 to 84.0 4) Heat Index: 90 to 99.9	1) Light to moderate activity / Recess/Lunch activity/PE Class a) Encourage increased hydration, b) Reduce time in sun between 10:00 a.m. and 4:00 p.m., if feasible, c) Check playground equipment for hot surfaces. 2) All Athletic Activities a) Maximum outdoor practice time is two hours. b) Provide at least four separate rest breaks each hour with a minimum duration of four minutes. 3) Football and Field Hockey a) Players are restricted to helmet, shoulder pads, and shorts during practice. (1) Exception: If the Heat Index rises to this level during practice, football players may continue to work out wearing football pants without changing to shorts. b) Note: Football players have additional restrictions pursuant to California Education Code section 35179.5.
1) Level 3 2) High risk 3) WBGT Index: 84.2 to 86.0 4) Heat Index: 100 to 109.9	1) Light to moderate activity / Recess/Lunch activity/PE Class. a) Encourage increased hydration b) Avoid time in sun between 10:00 a.m. and 4:00 p.m., c) Discourage running, jumping and other high energy activities, d) Check playground equipment for hot surfaces. 2) Athletic contests are permitted with additional hydration breaks. a) Maximum practice time is 1 hour. b) There should be 20 minutes of rest/water breaks distributed throughout the hour of practice c) No protective equipment may be worn during practice. d) There may be no conditioning activities.
1) Level 4 2) Very high risk 3) WBGT Index: over 86.2 4) Heat Index: over 110	1) Light to moderate activity / Recess/Lunch activity/PE Class. a) Stop all outside activity. b) Move activities indoors, if feasible. 2) No Outdoor workouts/contests. 3) Delay practice/competitions until a cooler WBGT is reached. 4) Alternative indoor activities a) Practice indoors if air conditioning is available.

WBGT or Heat Index	Outdoor Activity Guidance
	<ul style="list-style-type: none"> <li>b) Other indoor activities:               <ul style="list-style-type: none"> <li>(1) Walk-through:                   <ul style="list-style-type: none"> <li>(a) Reviewing positional strategy and rehearsing plays or choreography</li> <li>(b) Involves only walking.</li> </ul> </li> <li>(2) Weight training in an indoor air-conditioned location,</li> <li>(3) Film study,</li> <li>(4) Other meetings.</li> </ul> </li> <li>c) Stop indoor activity if air conditioning is not available.</li> </ul>

Attachment 2  
Guidelines for Outdoor Physical Activity – Air Quality

Air Quality Index	Outdoor Activity Guidance
<ul style="list-style-type: none"> <li>1) Good</li> <li>2) AQI or Purple Air: 1 to 50</li> </ul>	<ul style="list-style-type: none"> <li>1) Great day to be active outside!</li> <li>2) No restrictions.</li> </ul>
<ul style="list-style-type: none"> <li>1) Moderate</li> <li>2) AQI or Purple Air: 51 to 100</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<ul style="list-style-type: none"> <li>1) Good day to be active outside.</li> <li>2) Students who are unusually sensitive to air pollution could have symptoms.               <ul style="list-style-type: none"> <li>a) Air pollution can make asthma symptoms worse and trigger asthma attacks.</li> </ul> </li> <li>3) Ensure sensitive students are medically managing their condition.</li> </ul>
<ul style="list-style-type: none"> <li>1) Unhealthy for sensitive groups</li> <li>2) AQI or Purple air: 101 to 150</li> </ul>	<ul style="list-style-type: none"> <li>1) Acceptable to be active outside, especially for <b>short activities</b> such as recess and physical education class               <ul style="list-style-type: none"> <li>a) Students who are sensitive to air pollution should exercise indoors or avoid vigorous activities.</li> </ul> </li> <li>2) For <b>longer activities</b>, such as athletic practice or extracurricular activities, take more breaks and do less intense activities.               <ul style="list-style-type: none"> <li>a) Athletic Practice/Extracurricular Activities: reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.</li> <li>b) Scheduled Athletic Events: increase rest breaks and substitutions consistent with CIF guidelines for extreme heat.</li> </ul> </li> <li>3) Students with asthma should have and follow their asthma action plans and keep their quick-relief medicine available.</li> <li>4) Ensure other sensitive students are medically managing their condition.</li> </ul>
<ul style="list-style-type: none"> <li>1) Red</li> <li>2) Unhealthy</li> <li>3) AQI or Purple Air: 151 to 200</li> </ul>	<ul style="list-style-type: none"> <li>1) For <b>all outdoor activities</b>, take more breaks and do less intense activities.               <ul style="list-style-type: none"> <li>a) Sensitive students should remain indoors.</li> </ul> </li> <li>2) Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time.               <ul style="list-style-type: none"> <li>a) Recess and PE: exercise indoors, avoid vigorous outdoor activities, or limit vigorous outdoor activities to a maximum of 15 minutes.</li> <li>b) All CIF member schools must refrain from outdoor practice and/or competition when the Air Quality Index is 151 or higher.</li> </ul> </li> <li>3) Watch for symptoms and act as needed.</li> </ul>

	4) Students with asthma should have and follow their asthma action plans and keep their quick-relief medicine available. 5) Ensure other sensitive students are medically managing their condition.
1) Purple 2) Very Unhealthy 3) AQI or Purple Air: over 200	1) Move <b>all activities</b> inside or reschedule activities to another day. 2) Scheduled Athletic Events should be rescheduled or relocated.

Attachment 3  
First Aid – Heat Advisory and Air Quality

What to Look For	What to Do
<b>Dehydration</b>	
1) Extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness, confusion	1) Replace lost fluids and electrolytes. <ul style="list-style-type: none"> <li>a) Cool water is best,</li> <li>b) Sports drinks containing electrolytes and a carbohydrate solution may also be helpful,</li> </ul> 2) Seek medical attention for severely dehydrated students.
<b>Heat Rash</b>	
1) Red clusters of pimples or small blisters	1) Move to a cooler, less humid environment, if possible. 2) Keep rash area dry. 3) Provide or apply powder to increase comfort. <ul style="list-style-type: none"> <li>a) Do not use ointments or creams.</li> </ul>
<b>Sunburn</b>	
1) Red, warm, and tender skin; swelling, blistering; headache; fever; nausea; fatigue. <ul style="list-style-type: none"> <li>a) The pain from sunburn is worse 6-48 hours after sun exposure. Skin peeling usually begins 3-8 days after exposure.</li> </ul>	1) General <ul style="list-style-type: none"> <li>a) Drinking plenty of water helps to replace fluid loss,</li> <li>b) Gentle application of cool wet cloths on the burned area,</li> <li>c) Application of a topical moisturizing cream, aloe, or 1% hydrocortisone cream,</li> </ul> 2) If blistering occurs: <ul style="list-style-type: none"> <li>a) Lightly bandage or cover the area with gauze to prevent infection,</li> <li>b) Blisters should not be broken, as this will slow the healing process and increase the risk of infection,</li> <li>c) When the blisters break and the skin peels, dried fragments may be removed, and an antiseptic ointment or hydrocortisone cream may be applied.</li> </ul> 3) Seek medical attention if any of the following occur: <ul style="list-style-type: none"> <li>a) Severe sunburns covering more than 15% of the body,</li> <li>b) Severe dehydration,</li> <li>c) High fever, &gt;101°F,</li> <li>d) Extreme pain that persists longer than 48 hours.</li> </ul>
<b>Heat/Muscle Cramps</b>	
1) Cramps, pain, or spasms in the abdomen, arms, or legs. 2) Refer to CIF Rule 503 K.	1) Drink water and have a snack or a drink that replaces carbohydrates and electrolytes, such as a sports drink, every 15 to 20 minutes. 2) Avoid salt tablets. 3) Seek medical attention if any of the following occur: <ul style="list-style-type: none"> <li>a) Cramps that do not subside within 1 hour,</li> </ul>

What to Look For	What to Do
	b) Frequently recurrent cramps, c) Any other signs and symptoms of heat illness exist alongside muscle cramps.
<b>Heat Syncope (Fainting)</b>	
1) Fainting, dizziness, light headedness while standing or suddenly rising from a sitting or lying position. 2) Refer to California Education Code 33479.5 and CIF Rule 503 J.	1) Sit or lie down in a cool place. 2) If conscious, slowly drink water, clear juice, or a sports drink. 3) Remove student from participation for the remainder of the day. 4) Seek medical attention: a) Medical clearance is required to return to play.
<b>Heat Exhaustion</b>	
1) Headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature, decreased urine output. 2) Refer to Education Code section 35179.8 3) Refer to CIF Rule 503 K.	1) Remove the student from the hot area and give liquids to drink. a) Encourage frequent sips. 2) Remove proactive gear, shoes, and socks. 3) Cool the student with cold compresses or have the student wash their head, face, and neck with cold water. 4) Institute whole-body cooling to treat a student-athlete with exertional heat illness that is easily accessible at all practice and contest venues 5) Seek medical attention: a) If parents are immediately available, parents can take student to a clinic or emergency room, b) Call 911 if parents are not immediately available, c) Stay with the student until help arrives. d) Medical clearance is required to return to play. (1) Exception: muscle cramps
<b>Heat Stroke</b>	
1) Hot, dry skin; very high body temperature, confusion, altered mental status, slurred speech; seizures, loss of consciousness 2) Fatal if treatment is delayed. 3) Refer to Education Code section 35179.8 4) Refer to CIF Rule 503 K.	1) Move the student to a shaded, cool area. 2) Remove proactive gear, shoes, and socks. 3) Cool quickly using the following methods: a) Institute whole-body cooling to treat a student-athlete with exertional heat illness that is easily accessible at all practice and contest venues, b) Place the student-athlete in cold water or ice bath, c) Wet the skin or place cold wet cloths on the skin, d) Soak clothing with cool water, e) Circulate air around the student to speed cooling. 4) Seek medical attention: a) Always call 911 for emergency care, b) Stay with the student until emergency medical services arrives. c) Medical clearance is required to return to play. (1) Exception: muscle cramps
<b>Air Contaminants</b>	
1) Coughing, wheezing, difficulty breathing. 2) Students with asthma may also experience chest tightness.	1) Take a break from activity, change to a less intense activity, stop all activity, go indoors. 2) For students with asthma, use quick-relief medicine as prescribed. 3) Seek medical attention if symptoms do not improve. 4) Call 9-1-1 (Emergency Medical Services) if:

What to Look For	What to Do
	<ul style="list-style-type: none"><li>a) Rapid worsening of shortness of breath or very loud wheezing,</li><li>b) Difficulty speaking in full sentences,</li><li>c) No improvement even after using a quick-relief inhaler,</li><li>d) Lips, tongue, or nail beds turning blue,</li><li>e) Decreased level of consciousness.</li></ul>