



Oakland Unified School District
1011 Union Street
Oakland, California 94607
(510) 879-3141
www.ousd.org/CIF-OS

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OAKLAND ATHLETIC LEAGUE SCHOOLS

Oakland Athletic League

Charter Members

Castlemont High School
Fremont High School
McClymonds High School

Oakland High School
Oakland Technical High School
Skyline High School

OUSD/CIF-OS Members

Coliseum College Preparatory Academy
Life Academy of Health and Bioscience
Madison Park Academy

OAKLAND SECTION COMMISSIONERS

Ernie Vosper	1940
David P. Snyder	1941
Aldo Nelson	1969
Louis K. Jones	1982
Jerald Luzar	1995-2007
Michael L. Moore, Sr.	2008-2012
Russell White	2012-2015
Alphonso Powell III	2015-2018
Sonjha Phillips (Interim)	2018-2019
Francisco Navarro	2019-Present

OAKLAND ATHLETIC LEAGUE MEMBER SCHOOLS

CASTLEMONT HIGH SCHOOL

8601 MacArthur Blvd
Oakland, CA 94605
510-639-1466 FAX 510-639-4271
Principal: Joseph Blasher
Athletic Director: Phylisha Nelson &
Traivon Soto Johnson
<https://castlemont.ousd.org/>
School Colors: Purple & White
School Mascot - Knights

FREMONT HIGH SCHOOL

4610 Foothill Blvd
Oakland, CA 94601
510-879-2302 FAX 510-434-5243
Principals: Nydia Baez
Athletic Director: Scott Alexander
<https://www.ousd.org/fremont>
School Colors: Green & Gold
School Mascot - Tigers

McCLYMONDS HIGH SCHOOL

2607 Myrtle St.
Oakland, CA 94607
510-238-8607 FAX 510-874-3796
Principal: Darielle Davis
Athletic Director: Relonda McGhee
<https://www.ousd.org/mcclymonds>
School Colors: Orange and Black
School Mascot - Warriors

OAKLAND HIGH SCHOOL

1023 MacArthur Blvd
Oakland, CA 94610
510-874-3676 FAX 510-874-3675
Principal: Pamela Moy
Athletic Director: Jonas Perez
<https://oaklandhigh.ousd.org/>
School Colors: Blue & White
School Mascot - Wildcats

OAKLAND TECHNICAL HIGH SCHOOL

4351 Broadway
Oakland, CA 94611
510-450-5400
Principal: Martel Price
Athletic Director: Alexis Gray-Lawson
& Karega Hart
<https://oaklandtech.com>
School Colors: Purple & Gold
School Mascot - Bulldogs

SKYLINE HIGH SCHOOL

12250 Skyline Blvd
Oakland, CA 94619
510-482-7109 FAX 510-482-7162
Principals: Rebecca Huang
Athletic Director: Koresh Adams
<https://www.ousd.org/skyline>
School Colors: Red & White
School Mascot - Titans



OAKLAND ATHLETIC LEAGUE MEMBER SCHOOLS

LIFE ACADEMY OF HEALTH AND BIOSCIENCE

2101 35th Ave,
Oakland, CA 94601
510-534-0282 FAX 510-534-0283
Co-Principals: Aryn Salazar Bowman
Alykhan Boolani
Athletic Director: Christian Davis
<https://www.lifeacademyoak.org/>
School Colors:
School Mascot:

COLISEUM COLLEGE PREP ACADEMY

1390 66th Ave
Oakland, CA 94621
510-639-3201 FAX 510-639-3215
Principals: Amy Carroza
Athletic Director: Amy Boyle & Emily
Novack
<https://ccpa.ousd.org>
School Colors: Green & Vegas Gold
School Mascot: Lions

MADISON PARK ACADEMY

400 Capistrano Dr
Oakland, CA 94603
510-636-2701 FAX 510-636-2704
Principals: Tanisha Garrett
Athletic Director: Sean McDermott
<https://madisonpark.ousd.org/>
School Colors: Blue & Gold
School Mascot: Trojans



**AIMS College Prep 746 Grand Avenue
Oakland**

**ARISE High School 3301 E 12th St UNIT
205 Oakland**

**Bay Area Technology High School 8251
Fontaine Street Oakland**

**Envision Academy 1515 Webster Street
Oakland**

**Golden State Prep (Aspire) 1009 66th
Avenue Oakland**

**Griffin Academy 233 Hibbs Avenue
Vallejo**

**Impact Academy of Arts & Tech 2560
Darwin Street Hayward**

**Invictus Academy of Richmond 7150
Portola Dr El Cerrito**

**John Henry High School 1402 Marina
Way South Richmond**

**KIPP King Collegiate 2005b Via Barrett
San Lorenzo**

**Latitude High School 1112 29th Ave
Oakland**

**Leadership Public Schools - Hayward
28000 Calaroga Avenue Hayward**

**Leadership Public Schools - Richmond
880 Bissell Avenue Richmond**

**Lighthouse Community 444
Hegenberger Drive Oakland**

**Lionel Wilson Prep (Aspire) 400 105th
Avenue Oakland**

**Lodestar High School 701 105th Avenue
Oakland**

**Mare Island Technology 2 Positive Place
Vallejo**

**Oakland Charter High School 2433
Coolidge Ave Oakland**

**Oakland Unity High School 6038 Brann
Street Oakland**

**Richmond Cal Prep (Aspire) 3040 Hilltop
Mall Road Richmond**

**Twin Oaks High School 22100 Princeton
St Hayward**

OBJECTIVES

The objectives of the Oakland Section interscholastic athletic program shall be:

- A. To supplement our instructional program by providing the opportunity for the maximum number of highly skilled students to engage in a competitive interscholastic program.
- B. To equip our students with the skills necessary to compete.
- C. To equip our students with a thorough knowledge of the rules.
- D. To assure that our students derive all the benefits of the competitive experience by providing:
 - 1. An opportunity to demonstrate and appreciate their own skills.
 - 2. An opportunity to observe and appreciate the skills of their teammates.
 - 3. An opportunity to observe and appreciate the skills of their opponents.
 - 4. An opportunity to meet and exchange ideas with competitors from different schools.
 - 5. An opportunity to learn to win graciously and lose with dignity.
 - 6. An opportunity to increase their knowledge of the game by trained, intelligent observation.
 - 7. An opportunity to observe and learn proper and acceptable behavior in relation to officials, coaches, competitors, teammates, and spectators.
 - 8. An opportunity to observe, evaluate, and appreciate the skills, knowledge, and dedication of their coaches and others who help provide the competitive experience.
- E. To understand that this interscholastic program is for the benefit of our students and acknowledge that only through our own dedicated, concerted effort, will it be a good experience for them.
- F. To recognize and assume the role of responsibility and leadership which belongs to school administrators, athletic directors, coaches, cheerleader sponsors, and parents.
- G. To make our objectives a reality.
- H. Ensure that all student-athletes are maintaining minimum progress toward meeting the high school graduation requirements prescribed by the Board of Education.

CIF Code of Ethics

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

- A. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- B. To eliminate all possibilities which tend to destroy the best values of the game.
- C. To stress the values derived from playing the game fairly.
- D. To show cordial courtesy to visiting teams and officials.
- E. To establish a healthy and positive relationship between visitors and hosts.
- F. To respect the integrity and judgment of sports officials.
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- H. To encourage leadership, use of initiative, and good judgment by the players on a team.
- I. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual student-athletes.
- J. To remember that an athletic contest is only a game-not a matter of life and death for student, coach, school, officials, fan, community, state, or nation.

PREFACE

THE CIF OAKLAND SECTION: OVERVIEW

The Oakland Athletic League (CIF-OS) comprises the six comprehensive senior high schools in the Oakland Unified School District (OUSD): Castlemont, Fremont, McClymonds, Oakland High, Oakland Technical and Skyline, as well as three small learning communities: Life Academy, Coliseum College Prep, and Madison Park Academy.

The Bay Area Charter Schools Athletic Conference (BACSAC) is a non-profit organization dedicated to serving student-athletes in reaching their academic and athletic potential. BACSAC conducts interscholastic athletic competition in accord with the California Interscholastic Federation. In an effort to promote fair and equal opportunities for all students, BACSAC works to support and develop athletic programs while also providing resources to its athletic directors, coaches, and school leaders.

CIF-OS Membership may be attained by invitation of an OUSD, non-Charter School, as well as acceptance of an outside Oakland school's application by the CIF-OS Policy Committee.

The CIF-OS is governed by an established set of rules and regulations known as the Oakland Section Constitution and General Bylaws and the CIF Constitution and Bylaws. Oakland Section Constitution and General Bylaws are formed and enforced by the CIF-OS Policy Committee through the cooperative efforts of CIF-OS Athletic Directors, Coaches, Principals and the CIF-OS Commissioner. All decisions of the Policy Committee are subject to the Superintendent's approval. The CIF-OS Policy Committee shall consist of:

1. The Principals of those ten member schools that are part of the Oakland Unified School District and are not Charter Schools; and
2. Two selected CIF-OS Athletic Directors representing CIF-OS Boys and Girls Sports.

The role of the Commissioner of the CIF-OS is to execute league policies, oversee implementation of rules and regulations, and carry on day-to-day operations of the league (e.g. Title IX Compliance, schedules, bus transportation, facilities, supervision, officials, awards, publicity, uniforms and supplies, budget, etc.).

The California Interscholastic Federation (CIF) is a State organization and the parent organization of the CIF-OS and The Oakland Section. The CIF Constitution and Bylaws provide the system whereby interscholastic athletics are conducted on a fair and equitable basis throughout the State. All high schools in the state must be CIF member schools in order to compete against one another. The CIF comprises ten sections across California, with Oakland being one of the sections. Representatives from the Oakland Section meet with representatives of the other sections to discuss, review, and revise CIF rules, regulations

and policies. Where permitted, CIF-OS rules may be more restrictive than CIF Bylaws, but not less restrictive than CIF Bylaws.

Coaches of the CIF-OS are selected by the school site principal. All CIF-OS coaches must become certified by the CIF Coaching Education Program and satisfaction of AB1451, Concussion Response Training effective January 1, 2013 as a condition of employment in addition to meeting the requirements established by the District and CIF. Coaches receive an extra duty stipend which is negotiated in the teachers' contract. Coaches are assisted at school sites by the principal and the site Athletic Director. The Commissioner of the CIF-OS meets pre and post season with all coaches to provide orientation and direction, and meets monthly with the school site athletic directors.

The CIF-OS program is funded by the Oakland Unified School District general purpose budget. Accounts are established for coaches' salaries, supervision, awards, facilities rental, supplies and equipment, transportation, and officials. Gate receipts from CIF-OS events are used to pay for postseason section and CIF tournaments/meets as well as cover a variety of other expenses. Gate receipts, after expenses, are returned to the schools as Special Needs Accounts. The Commissioner oversees the expenditure of funds, which requires authorization by the Principal and the school site Athletic Director. CIF-OS deposits as well as those funds from fundraising/donations are to be made into an CIF-OS school sports account which must be overseen by the Athletic Director and Principal. Coaches are prohibited by the California State Education Code from depositing any school related funds into a personal account or one outside the purview of the CIF-OS school.

RULES AND REGULATIONS

ARTICLE I: GENERAL REGULATIONS

CIF-OS 100. NON-LEAGUE GAME LIMITS

The number of non-league and league games, contests, and meets in the various sports shall be as follows:

<u>SPORT</u>	<u>TOTALS</u>
Badminton	24
Baseball	26
Basketball	28
Bowling	
Cross Country	14
Football (Varsity)	10
Football (Jr. Var.)	10
Golf	24
Lacrosse	20
Soccer	28
Softball	26
Swimming	14
Tennis	24
Track & Field	14
Trad. Competitive Cheer	
Volleyball	28
Wrestling	40 max/Wrestler

OAL will pay for up to five (5) trips for non-league games.

Postseason CIF-OS, Oakland Section, and CIF events are in addition to the maximum number of contests for each sport.

All postseason contests must be approved by the Policy Committee.

CIF-OS 100.A LAST MINUTE CANCELLATIONS

Any OUSD team that does not give proper notice of a canceled contest will be responsible for refunding the Oakland Section office the amount due to outside vendors including but not limited to:

- Transportation
- Officials
- Security
- Gate team

Each school will be allowed one "freebie" per season where the school is not responsible for refunding the cancellation fee. "Freebies" cannot be rolled over to the next season or school year.

Schools will need to communicate with BOTH the Section office and the outside vendor(s) via email of cancellations.

Note: The term "Proper notice" refers to the notice that the outside vendors charge OUSD for late cancellations. With the exception of baseball and softball, OUSD is required to give at least 48 hours notice of a cancellation. Baseball and softball transportation AND officials must be notified 6 hours in advance of the contest. (Approved Policy Committee 2019)

CIF-OS 101. INSURANCE (Education Code)

Insurance for athletes is required in the amount of at least \$5000 for medical and hospitalization resulting from accidental or bodily injury. (State of California Education Code Section 32220 and 32221).

CIF-OS 101.A EDUCATION CODE STUDENT INSURANCE VIOLATION

A Coach who allows a student-athlete to practice or compete in an athletic event without the prescribed health insurance may be terminated by the Superintendent for violation of California Education Code 32220 and 32221

CIF-OS 102. AMENDMENTS (CIF-OS)

All member schools shall abide by the adopted rules and policies of the CIF-OS and CIF. Additions and changes in the CIF-OS rules shall be made by a majority vote of the Policy Committee. A vote on any proposed rule change that results in a tie shall be considered defeated.

CIF-OS 103. VIOLATIONS (CIF-OS)

If a school plays an ineligible student, knowingly or unknowingly, in any contest involving team play, such as baseball, basketball, football, soccer, softball, or volleyball, that contest shall be forfeited. If an ineligible student represents his/her school in badminton, bowling, cross-country, golf, swimming, tennis, track, or wrestling, only the points that the student won shall be forfeited to the opposing team. Where rules do not specify penalties for violation it shall be the responsibility of the Commissioner of the CIF-OS to report such violations and recommend the penalty to the Superintendent of Schools, who will then make a final determination.

CIF-OS 104. SCHEDULES (CIF-OS)

All league schedules shall be prepared by the Commissioner of the CIF-OS and approved by the Policy Committee. Practice schedules shall be prepared by the school and submitted to the CIF-OS office.

- A. Final Exams Dead Week Scheduling Restrictions - No league and non-league Athletic Events are allowed during the final week of the Fall & Spring Semester. Practices during Finals Week are limited to one (1) hour per day Monday - Thursday

CIF-OS 105. NON-LEAGUE GAME TRAVEL RESTRICTION (CIF-OS)

All non-league games shall have the approval of the site principal and the Commissioner of the CIF-OS. Unless permission has been granted by the Commissioner of the CIF-OS, no non-league game shall be scheduled with a school more than 100 miles from Oakland.

CIF-OS 106. FUNDING FOR TOURNAMENTS (CIF-OS)

No CIF-OS district office funds shall be used for tournaments, invitationals, or relays, except CIF-OS Finals, playoffs, and postseason contests approved by the Policy Committee. A school athletic department may use funds allocated by the CIF-OS office to pay expenses for athletic events including tournaments, invitationals or relays.

CIF-OS 107. SCRIMMAGES (CIF-OS)

Scrimmages are permitted in all sports provided there is no expense to the CIF-OS or the Oakland Unified School District. A scrimmage is defined as follows:

- A. Coaches are on the field or court directing the play.
- B. No paid officials from a recognized officials' association.
- C. Game uniforms are not worn.
- D. No regular timing. (In Basketball & Football Scores are deleted at the end of each quarter)
- E. No scores kept and reported to newspapers.

CIF-OS 108. OVERNIGHT TRAVEL (CIF-OS)

Teams shall not stay overnight unless permission is granted by the Commissioner of the CIF-OS

CIF-OS 109. PARTICIPATION IN A SECOND SPORT (CIF-OS)

Except for basketball, football, and wrestling, students may compete in a second sport during the same season of sport providing they are able to meet the requirements of the coaches involved.

CIF-OS 109.A QUITTING A FIRST SPORT TO PLAY A SECOND SPORT IN THE SAME SEMESTER

Students who voluntarily quit a team with games remaining are prohibited from practicing or playing on another sports team until the second sports team CIF-OS season begins.

CIF-OS 110. PROTESTS (CIF-OS)

Any protest concerning game rules interpretations shall be made in writing and signed by the principal and athletic director of the school making the protest. Copies of any protest shall be sent to the Commissioner of the CIF-OS and the athletic director and principal(s) of the school(s) involved within three school days following the close of the contest. A Commissioner's decision may be made to the Policy Committee, in writing, within three school days of receipt of said decision.

CIF-OS 111. HOME SCHOOL RESPONSIBILITIES (CIF-OS)

The home school shall be responsible for all duties, such as game management, providing faculty supervision and safety control, seating arrangements, dressing facilities for pregame, halftime and post game meeting, field and court preparation, and supplies and equipment necessary to conduct any contest or meet. In addition, first aid supplies and AED must be present. An Athletic Director and Administrator must be present.

CIF-OS 112. BANDS (CIF-OS)

No bands, regardless of size, shall accompany any team playing away from its home field or court except during the football season and by mutual agreement between principals of the two schools involved. A school must assume the expense for sending their group.

CIF-OS 113. VANDALISM (CIF-OS)

In the event there is destruction or defacement of school property preceding an athletic contest between the schools. Principals shall consult with the Commissioner of the CIF-OS prior to canceling an event.

DRAFT

CIF-OS 114. EJECTION POLICY - STATEWIDE

Player:

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

1. **First Ejection:** Player is ineligible to participate in the team's next contest. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following season. If the player is a senior, he or she would be ineligible for the first contest of their next season of sport.
2. **Second Ejection:** Player is ineligible to participate in the team's next three (3) contests. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport.
3. **Third Ejection:** Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contest that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for the next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

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

4. **First Ejection:** Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Player may remain on the

bench for the duration of that contest and may be on the bench in street clothes for the duration of the suspension. If the season concludes prior to the player serving the full suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.

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

Before a player may return to participate in a contest following a multiple game suspension for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the student-athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations.

Appeal Process for All Multi-Game Ejections:

The school principal may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to Section playoffs) or CIF Section Commissioner with jurisdiction in the matter (for the final contest prior to Section playoffs and all playoff contests). The appeal must be received by the Section within 48 hours of the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will be no appeal regarding the judgment of an official.

Note: There is no appeal process for single game ejections.

Coach:

A coach who is ejected from a contest (for reasons other than fighting) shall be disqualified from participating in the remainder of that contest and his or her team's future contest (s) as outlined below:

6. **First Ejection:** Coach is disqualified from participating in the team's next contest. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of

that contest and for the team's next contest. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first contest the following season.

7. **Second Ejection:** Coach is disqualified from participating in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next three (3) to six (6) contests. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first three (3) to six (6) contests the following season
8. **Third Ejection:** Coach is disqualified from participating in the remaining contests of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the remaining contests of that season. If there are six (6) or fewer contests remaining in the season, the coach would be disqualified from participating for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

A coach who is ejected from a contest for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) shall be disqualified from participating in the remainder of that contest and his or her team's future contests as outlined below:

9. Ejection for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct): Coach is disqualified from participating for the remainder of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for all of the team's remaining contests that season. If there are fewer than six (6) contests remaining in the season, the coach would be disqualified from participating for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a coach may return to participate in a contest following a multiple contest disqualification, for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the coach to discuss future behavioral expectations.

Appeal Process for All Multi-Game Ejections:

The school principal may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to Section playoffs) or CIF Section Commissioner with jurisdiction in the matter (for the final contest prior to Section playoffs and all playoff contests). The appeal must be received by the Section within 48 hours of the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will be no appeal regarding the judgment of an official.

Note: There is no appeal process for single game ejections.

Spectator:

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

Enforcement:

See Bylaw 503. M. and Article 22.C.(1)(2)(3)(4)

10. The Executive Director and/or Executive Committee or Section Commissioner and/or Section Board of Managers shall have power to suspend, to fine or otherwise penalize any member school for the violation of any CIF or Section rules and regulations or for just cause. The period of suspension or other penalty shall be left to the discretion of the CIF governing body that has jurisdiction of the matter where the penalty is not fixed

Q: If an official disqualifies an athlete as prescribed by the NFHS rules for that sport, will a suspension be required?

A: If, in the review of the report filed by the official, it is determined by the Section Commissioner, or his/her designated representative, that the actions of the player do not involve unsportsmanlike conduct, a suspension may be waived.

Q: If it is determined by documented and/or video evidence that a player is disqualified from a contest erroneously, will a suspension be required for that player?

A: If, in the review of the report filed by the official, it is determined from the use of documentation and/or video evidence by the Section Commissioner or his/her designated representative, that the player has been misidentified or disqualified erroneously, a suspension may be waived.

Q: Sometimes an official will reverse their initial call at the conclusion of the contest. Can the official reverse his/her original call?

A: If, in the review of the report filed by the official, it is determined that he/she made an incorrect ruling, the official may rescind the initial ejection.

ARTICLE II: CIF ELIGIBILITY REQUIREMENTS

CIF ARTICLE 20

(200 series revised: May 2007 Federated Council/May 2012 Federated Council)

NOTE: CIF provides questions and answers throughout Article 20 as a guide for parent(s)/ guardian(s)/ caregiver and school personnel to aid them in understanding the intent and application of some of our Bylaws. Many situations are unique and not every specific situation can be covered in the language of these Bylaws or in every Q & A.

CIF-OS 200. CIF STUDENT ELIGIBILITY FOR INTERSCHOLASTIC ATHLETIC COMPETITION

A. Philosophy

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

1. Keep the focus on athletic participation as a privilege not a right;
2. Reinforce the principle that students attend school to receive an education first; athletic participation is secondary;
3. Protect the opportunities to participate for students who meet the established standards;
4. Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place;
5. Provide uniform standards for all schools to follow in maintaining athletic competition;
6. Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes;
7. Serve as a deterrent to students who transfer schools to avoid disciplinary action;
8. Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes;
9. Support the Principles of Pursuing Victory with Honorsm.

B. Rules

The CIF establishes the standards of eligibility to participate in interscholastic athletics to include the following:

1. Philosophy Statement (Bylaw 200)
2. Standards of Eligibility (Bylaw 201)
3. Accurate Information (Bylaw 202)
4. Age Requirement (Bylaw 203)
5. Eight (8) Consecutive Semesters Requirement (Bylaw 204)
6. Scholastic Eligibility (Bylaw 205)
 - a. Initial Scholastic Eligibility (Bylaw 205.A.)
 - b. Continuing Scholastic Eligibility (Bylaw 205.B.)
 - c. Summer School Credits [Bylaw 205.B.(3)f.]
 - d. Scholastic Eligibility for Students in Non-Traditional Programs [Bylaw 205.B.(3)g.]
 - e. Waiver of the Requirement of Passing 20 Semester Credits of Work (Bylaw 205.C.)
7. Residential Eligibility (Bylaw 206)
 - a. Initial Residential Eligibility (Bylaw 206.A.)
 - b. Continuing Residential Eligibility (Bylaw 206.B.)
 - c. Valid Change of Residence (Bylaw 206.C.)

8. Transfer Eligibility (Bylaw 207)
9. Foreign Exchange Students (Bylaw 208)
10. Discipline, Expulsion and Transfer for Disciplinary Reasons (Bylaw 209)
 - a. Expulsion (Bylaw 209.A.)
 - b. Suspended Expulsion (Bylaw 209.B.)
 - c. Disciplinary Transfer (Bylaw 209.C.)
11. Physical Assault (Bylaw 210)
12. Continuation School Eligibility (Bylaw 211)
13. Amateur Status (Bylaw 212)
14. Hardship Waivers Other Than Transfer (Bylaw 213)
15. Post-Injunction Remedies (Bylaw 214)
16. Intercollegiate Participation (Bylaw 215)
17. Graduates (Bylaw 216)
 - a. Mid-Year/Spring Graduation (Bylaw 216.A.)
 - b. California High School Proficiency Exam (Bylaw 216.B.)

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

CIF-OS 201. STANDARDS OF ELIGIBILITY

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

A. Enrollment Standards- See also Bylaws 204, 206, 207 and 209

1. Enrollment standard required for participation: (Bylaws 201 and 205)

- a. Students must be enrolled full-time (minimum 20 units) at the school for which they are competing. (See also Bylaws 205.B.(1)a., 216, 303, 304, 503.C. & 503.G.)
- b. Students will be considered enrolled in a school for purposes of participation in interscholastic athletics (Bylaw 205.B) when they have:
 - i. Been entered as a full-time student [20 units or equivalent in a non-traditional program-see also Bylaw 205.B.(1)a. and b.(i)] in attendance in classes at that school. OR
 - ii. Participated in a Fall sport when the tryouts and/or practices of that team begin before classes at the school begin in the Fall. Such a student will be considered to be enrolled during that practice time as long as they have registered for, and are enrolled, as a full-time student for the Fall semester of that school year [20 units or equivalent in a non-traditional program; see also Bylaws 205.B.(1)a. and b.(i)].

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

A: Because he was not registered or currently scheduled for classes at any school he is not considered to have been on the attendance roll prior to his official enrollment. Official enrollment would begin on the first day he attended classes at the new school. **Q:** My son was registered and scheduled in classes, but due to illness did not begin attending until five (5) days after the school year/term began. When does his official enrollment begin? **A:** Because he was registered and scheduled in classes, even though he was not attending those classes, his official enrollment begins the first day that he attended classes at that school.

- c. For eligibility purposes, students cannot have dual enrollment in two (2) different schools at the same time. During the time a student remains enrolled in their current school but has registered for classes at a new school and/or paid a non-refundable registration fee at a new school, the student will be considered to be enrolled in the former school not the new school. Only at such time as the student has withdrawn from or has completed the courses in which they were enrolled at the former school, is no longer enrolled in any way at the former school and has attended classes at their new school, shall that student be considered as being enrolled in the new school for eligibility purposes. This applies to 8th graders matriculating the following school year to 9th grade in a CIF member school.

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

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

A: Students may not have dual enrollment for eligibility purposes. Students may not have residential eligibility at two (2) different schools at the same time. She is considered enrolled at, and therefore only eligible at, her current school (School A).

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

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

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

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

2. Enrollment standard establishes a semester of attendance.

- a. Once a student attends class and is continuously enrolled for 15 school days in the 9th grade, and/or in any classes taken subsequent to the completion of the 8th grade, at any school or has played in an interscholastic athletic contest, the CIF will count that as the student's first semester of high school eligibility.

Q: Because of family circumstances, we enrolled our daughter in the 9th grade at a school after her completion of the 8th grade. She was unable to attend until a month after school started. Because of this, we waited until the 2nd semester of that year for her to actually start attending classes. When does her eight (8) semesters begin?

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

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

3. Enrollment standard establishing students as a transfer (Bylaw 207)

- a. Students shall be considered to be a transfer student when:
 - i. The student has attended class at their former school (School A) AND/OR
 - ii. The student has played in an athletic contest for their former school; AND/OR
 - iii. The student has tried out for or practiced with a team prior to the beginning of the school year for five (5) days or more; AND
 - iv. That student withdraws from School A or has completed the courses in which they were enrolled in at School A, so that student is no longer enrolled in any way at School A; AND
 - v. That student enrolls as a full-time student in a new school (School B); THEN that student shall be determined to be enrolled in and having transferred to School B if all conditions of 201.A.(1) above are met.
- b. Students may not practice with or participate in an interscholastic athletic contest for the new school prior to establishing enrollment in the new school, meeting the enrollment standards contained herein, except if they are transferring at the beginning of the school year and practice for that season of sport begins prior to the first day that classes begin for the new school. Registering for classes and paying a non-refundable registration fee or tuition does not constitute enrollment in the new school for transfer purposes.
- c. For eligibility purposes, students cannot have dual enrollment in two (2) different schools at the same time. During the time a student is intending to transfer schools, has registered for classes at the new school and/or paid a non-refundable registration fee at the new school, but still remains enrolled in the former school, the student will be considered to be enrolled in the former school. Only at such time as the student has withdrawn from or has completed the courses in which they were enrolled at the former school, and is no longer enrolled in any way at the former school, shall that student be considered as having transferred to the new school. This applies to 8th graders matriculating the following school year to 9th grade in a CIF member school.
- d. No one associated with the athletic program at the new school may perpetrate any violation of Bylaw 510 or have inappropriate pre-enrollment contact as outlined in Bylaw 207.C or 510 prior to their enrollment in the new school as defined herein.

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

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

4. Enrollment standards for purposes of Bylaw 510 (pre-enrollment contact) (Bylaw 510)

- a. General information about athletic programs, physicals, summer activity, camps, etc. may be distributed to middle school students only by a CIF member school administrator or athletic director.

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

A: Because a graduate of a junior high/middle school may enter any high school in California and may be residentially eligible in accordance with all CIF rules, contact by senior high school representatives is regulated. Individual coaches cannot visit or initiate contact with junior high/middle school students, but it would be permissible for the school administrator or athletic director (not the coach) of a senior high school to visit the junior high/middle school campus for the purpose of informing students of the total athletic program at the senior high school. However, it is legal for a high school coach to be part of a total open house and/or school orientation (academics, activities, but not athletics by itself) where a student is part of a general gathering of students on the high school campus and such activity has the approval of the high school and junior high/middle or elementary school principal.

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

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

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

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

(Revised April 2018 Federated Council)

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

Enrollment of students in a school with an existing multi-school/campus agreement may be residentially eligible only as provided in Bylaws 302, 303 and 304. (See Related Bylaw 301 – Home Study/Home Schooling) (Revised April 2016 Federated Council)

CIF-OS 202. ACCURATE INFORMATION

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

sport for a period of up to 24 calendar months from the determination that incorrect, inaccurate, incomplete or false information was provided whether the student was aware of the fraudulent information or not. (Revised October 2001 Federated Council)

3. Any contests in which a student or students participated based on incorrect, inaccurate, incomplete or false information regarding eligibility status shall be forfeited according to the guidelines set in accord to the rules of the Section.

4. Teams

- a. If it is determined that someone associated with a school (including, but not limited to, a coach) knowingly participates in either providing incorrect, inaccurate, incomplete or false information or using fraud or knowingly allows others to do so, in order for a team to meet qualification standards in any event, that team will be subject to immediate ineligibility for further competition in that sport that season.
- b. Any contest in which that team has participated based on incorrect, inaccurate, incomplete or false information or fraud shall be forfeited according to the guidelines of the Section or the CIF.

5. School Personnel Involvement

If any school personnel (including but not limited to a coach) knowingly participates in either providing incorrect, inaccurate, incomplete or false information or allowing others to provide incorrect, inaccurate, incomplete or false information in order to gain favorable eligibility status for a student, or team information to meet qualification standards for participation in any contest including playoffs or Championships, sanctions may be imposed on the school including but not limited to: probationary status, prohibitions against playoff participation, forfeitures, revoking of CIF or Section membership, etc.

6. Assumed Name

In addition to any sanctions or penalties arising from the provisions above, a student shall become ineligible for CIF competition in their respective sport for competing in CIF competition under an assumed name.

CIF-OS 203. AGE REQUIREMENT

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

- A. Such a waiver would not grant more than four (4) years [eight (8) semesters] of eligibility; AND
- B. Such a waiver would not grant more than four (4) years of participation in any sport; AND
- C. That a hardship exists which, in the judgment of the Section, requires a waiver. Hardship is defined in Bylaw 213; AND
- D. A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in Bylaw 1101.

CIF-OS 204. EIGHT (8) CONSECUTIVE SEMESTERS REQUIREMENT- See also 201.A.(2)

A. Definition of a Semester of Attendance

Once a student attends a class and is continuously enrolled for 15 school days in the 9th grade, and/or has taken classes subsequent to the completion of the 8th grade, at any school or has played in an interscholastic athletic contest, the CIF will count that as the student's first semester of high school eligibility. (Revised January 2016 Federated Council)

B. Eight (8) Consecutive Semester Rule

A student who first enters the 9th grade of any school following the student's completion of the 8th grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight (8) consecutive semesters following the initial enrollment in the 9th grade of any school and/or in any classes taken subsequent to the completion of the 8th grade, whether or not the student is enrolled in school, whether or not the student is academically or otherwise eligible and whether or not the student avails themselves of the opportunity to participate in interscholastic sports during this time. Eligibility is only available during the student's first eight (8) consecutive semesters of enrollment in high school (grades 9-12).

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

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

C. Section Waivers**1. Waiving Semester Limitation**

Each Section may, at its discretion, establish rules and procedures for waiving the limitation on eight (8) semesters of eligibility, providing:

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

2. Waivers of the Charge of a Semester of Attendance

- a. *Other than C.(1) above, relief under this rule may only be granted when the conditions set forth in Bylaw 204.C.(2)b. below are found to be present. Any other past rationales or basis for relief under this Bylaw are invalidated. (Approved May 2001 Federated Council)*
- b. *Each Section may waive the charge of one (1) or more of the eight (8) consecutive semesters of eligibility for athletic competition due to a hardship condition that causes the student's absence from school or to extend the student's attendance in school beyond eight (8) consecutive semesters, provided:*
 - i. *That a hardship condition exists that, in the judgment of the Section, warrants a waiver. Hardship is defined in Bylaw 213; AND*
 - ii. *The hardship caused the student to remain out of school for more than half of any semester during his/her high school career; OR*
 - iii. *The hardship is the direct and sole cause of the student extending his/her attendance beyond eight (8) consecutive semesters even though the student was in attendance for those eight (8) consecutive semesters. Further, the student's extension of his/her attendance beyond eight (8) semesters has no athletic motivation; AND*
 - iv. *That the student was eligible under all rules in the semester immediately prior to either his/her absence or the onset of the hardship condition that is the direct and sole cause for extending his/her attendance beyond eight (8) semesters; AND or the student is or was homeless or in foster care, and his/her status as a foster or homeless youth is the sole and direct cause for seeking a waiver of the charge of a semester of attendance and the student meets all other eligibility requirements unrelated to his/ her status as a foster or homeless youth; AND (Revised April 2016 Federated Council)*
 - v. *Such a waiver would not grant more than four (4) years of participation in any sport; (See Bylaw 504.K. and 504.L.); AND*
 - vi. *Hardship applications may not be submitted prior to the conclusion of the student's 7th semester in high school.*

3. All other eligibility requirements apply.

4. **APPEALS:**

A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in Bylaw 1101.

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

A. Initial Scholastic Eligibility

In order to be eligible, any student entering from the 8th grade into a CIF four (4)-year high school, a junior high or a junior high under the provisions of Bylaw 303, must have achieved an unweighted 2.0 grade-point average, on a 4.0 scale, in enrolled courses at the conclusion of the previous grading period.

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

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

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

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

1. Probationary Period

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve the above requirement in the previous grading period to remain eligible to participate in interscholastic athletics during a probationary period. The probationary period shall not exceed one (1) semester in length, but may be for a shorter period of time, as determined by the governing board of the school district, private school, or parochial school. A student who does not meet the above requirements during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure shall be the maximum number of days comprising a semester as used in that school during the year in question.

Note: Per CIF-OS Policy Committee, Probationary Period is not honored

B. Continuing Scholastic Eligibility**1. Minimum Requirements**

A student is scholastically eligible if:

- a. The student achieved an unweighted 2.0 grade-point average, on a 4.0 scale, in enrolled courses at the conclusion of the previous grading period. **(See Q&A below in 205.B.(1)e.)**
- b. The student is currently enrolled in at least 20 semester credits of work;
 - i. **Non-Traditional Programs**
In schools where other than traditional semester programs are offered, the principal of each individual school shall be responsible for determining the equivalent of 20 semester credits of work.
 - ii. **Accelerated Programs**
Students studying on an accelerated program that includes one (1) or more advanced (either high school or college) courses while enrolled in high school may substitute enrollment and passing grades in these courses for one (1) or more required 20 semester credits of work; evaluation of these courses is to be done by the high school principal.
- c. The student was passing in the equivalent of at least 20 semester credits of work at the completion of the most recent grading period;
- d. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board;
 - i. Minimum progress toward meeting high school graduation requirements is defined as:
50 Credits = 10th Grade, 110 Credits=11th Grade, 170 Credits=12th Grade with a minimum of 2.00 Cumulative GPA

- e. The student has maintained during the previous grading period a minimum unweighted 2.0 grade-point average, on a 4.0 scale, in all enrolled courses.

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

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

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

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

2. Probationary Period

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve educational progress in items **d.** or **e.** above in the previous grading period to remain eligible to participate in interscholastic athletics during a probationary period. The probationary period shall not exceed one (1) semester in length, but may be for a shorter period of time as determined by the governing board of the school district, private school, or parochial school. A student who does not achieve educational progress as defined in items **d.** or **e.** during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure should be the maximum as used in that school.

- a. Section Appeal Process for a student who does not achieve minimum progress toward meeting OUSD HS Graduation (Credit) requirements as prescribed by the Board of Education a single CIF-OS Hearing Officer must meet with the Student, Parent, Principal, Counselor, and Head Coach. A probationary period for the student to recover credits and retain progress toward high school graduation while still competing in a sport may be granted.

Note: The Recovery plan agreed on must include satisfactory daily attendance, plan to recover credits, and attain minimum cumulative GPA

3. Grading Period

The grading period is that time when all students in a school are graded. If two (2) grades are given at the end of a grading period, scholastic eligibility shall be established according to the grade issued for credit.

- a. Schools or districts or leagues or Sections must establish an eligibility date following the immediately previous grading period in compliance with their respective CIF Section Policy. This is the date on which all students become eligible and ineligible based on their officially posted grades in the immediately previous grading period.
- b. Grades cannot be changed following the grading period for purposes of addressing any deficiency in an individual student's scholastic eligibility.
- c. Only grades changed prior to the established eligibility date and changed in accordance with all California State Education Code requirements and approved by the principal may be used for purposes of determining scholastic eligibility.

d. Incomplete Grades

A grade(s) of **Incomplete** shall not be considered a passing grade under this Bylaw unless, by operation of a school grading policy, **Incomplete** grade shall become a passing letter or (numeric) grade without further achievement or accomplishment by a student, at a certain time. When an **Incomplete** grade is issued, which does not automatically become a passing grade, as indicated immediately above, such **Incomplete** grade shall not satisfy the requirement of this Bylaw until academic deficiency which gave rise to such **Incomplete** grade shall have been satisfied and a passing grade has been substituted for the **Incomplete** grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.

e. **Physical Education Credits**

Credits earned in physical education may count toward the 20 semester credits of work requirement.

- i. The Oakland Board of Education approves principals to allow student-athletes (Grade 10-12) to be exempt from taking Physical Education Classes and allows for earning Physical Education Credit

Under EC Section 51242, "The governing board of a school district may exempt any four-year or senior high school pupil from attending courses of physical education, if the pupil is engaged in regular school-sponsored interscholastic athletic program carried on wholly or partially after regular school hours"

Under EC Section 44258.7.b A person who holds a teaching credential in a subject or subjects other than physical education may be authorized by action of the local governing board to coach one period per day in a competitive sport for which students receive physical education credit, provided that he or she is a full time employee of the school district and has completed a minimum of 20 hours of first aid instruction appropriate for the specific sport.

f. **Summer School Credits**

Summer school credits shall be counted toward making up scholastic deficiencies incurred in the grading period (semester) immediately preceding. Summer school courses failed shall not impair an athlete's scholastic eligibility achieved in the semester immediately preceding. A course taken by contract or independent study during the summer must meet the following four (4) criteria:

- i. The course(s) must be approved by the local board of trustees as valid part of the district's school program;
- ii. The student receives a passing grade in the courses taken;
- iii. The personnel providing the instruction and course supervision are approved by the board of trustees;
- iv. The school credit is recorded on the student's transcript.

g. **Scholastic Eligibility for Students in Non-Traditional Programs**

In schools operating on other than the traditional program (i.e., for schools such as those with a modular or flexible scheduling, special programs for the physically-disabled, or continuous progress programs) the principal shall certify on the established eligibility date to the scholastic eligibility of each student based upon satisfactory progress in accordance with the standards defined above. Students may apply college course units to satisfy the 20 semester credits of work requirement and the grade point average requirement. Students who are eligible for differential standards of proficiency pursuant to Section 51412 of the Education Code are covered by that Section.

NOTE: For crediting purposes the grading period closes with the last day of school in the given grading period. In determining eligibility, one (1) grading period does not end until the next one begins.

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

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

1. Serious illness, injury or attendance in special schools (as referenced in Education Code Sections 59000 et seq. And 59100 et seq.) prevents the student from meeting one (1) or more of these requirements; OR
2. The student has been traveling abroad with the consent of the student's parent(s)/guardian(s)/caregiver and circumstances prevented further school attendance; OR
3. The student is returning from an American abroad school attendance program; OR
4. The student is returning from school attendance abroad because of a valid change of residency by the student's parent(s)/guardian(s)/caregiver; OR
5. The student is required to remain out of a U.S. school because of exceptional hardship, (See Bylaw 213 for definition of hardship); AND

6. That the student was eligible under all rules in the semester immediately prior to his/her absence;
AND
7. All other rules such as age and number of seasons of sport shall apply.

A decision to deny such a waiver by the Section Commissioner may be appealed only to the Section and in accordance with the provisions set forth in Bylaw 1101.

D. Scholastically Ineligible student-athletes are prohibited on game day from:

1. Early class dismissal;
2. Traveling with the team;
3. Dressing for games in team uniforms or warm-ups; and
4. Sitting on the team bench and sideline

E. School Attendance of Game-Day

Student-athletes are required to attend a minimum of four (4) hours on game-day to be eligible to participate in any athletic contest, game or scrimmage.

CIF-OS 206. RESIDENTIAL ELIGIBILITY

A. Initial Residential Eligibility

A student has residential eligibility upon initial enrollment in: (See also Bylaw 201.A. for definition of enrollment)

1. The 9th grade of any CIF high school, a CIF junior high school, or a junior high school under provisions of Bylaw 303; OR
2. The 10th grade of any CIF high school from 9th grade of a junior high school in the United States.

B. Continuing Residential Eligibility – See also Bylaw 201.A.

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

C. Valid Change of Residence

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

1. A valid change of residence must be made from a residence located in the public high school attendance area (School A's attendance area), even if the student is not currently attending nor ever has attended the school in which attendance area they reside, to another public high school's attendance area (School B's attendance area).
2. School A may be a CIF member school or a non-CIF member school or may be a school located outside of the United States.
3. **Definition of a Valid Change of Residence** A valid residence is defined as the location where the student's parent(s)/guardian(s)/caregiver (with whom eligibility has been established) live with that student and thereby have the use and enjoyment of that location as a residence. A valid change of residence for eligibility purposes requires the former residence to have been vacated by the entire family for use as its residence. For athletic eligibility purposes, a student (with the student's parent(s)/guardian(s)/caregiver with whom residential eligibility has been established) may only have one (1) primary valid residence at one (1) time.
4. **Determination of What Constitutes a Valid Change of Residence**
Determination of what constitutes a valid change of residence depends upon the facts in each case. In determining that a valid change of residence occurred, the following facts must exist:
 - a. The original residence must be abandoned as a residence by the immediate family. The new school is responsible for validating this fact; AND
 - b. The student's entire immediate family must make the change of primary residence and take with them the household goods and furniture appropriate to the

circumstances. For eligibility purposes, a family unit may not maintain more than one (1) primary residence; AND

- c. The change of primary residence must be genuine, without fraud or deceit and with permanent intent; AND

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

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

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

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

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

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

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

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

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

a. **Remaining at the Same School**

Continued attendance at the previous school (School A) maintains residential eligibility at School A as long as the student has remained enrolled in the same school under a district/school approved enrollment process (i.e., inter or intra or senior privilege etc. district/school program); OR

b. **Changing Schools**

A student must make a valid change of residence out of the public school (School A) attendance area in which their former family residence was located and into another public school's attendance area (School B). This is true even if the student was not attending public school A, but was enrolled in a private school or a charter school. Changing schools following such a valid change of residence will result in full residential eligibility if the following conditions are met:

- i. Student enrolls, attends, and/or is carried on the attendance roll at the new public school (School B) into whose attendance area the family moved, or another public school in accordance with the district(s) policies or a private school or a charter school; AND
- ii. The student changes schools immediately following the family valid change of residence or no later than the beginning of the next school year following that family move; AND
- iii. The new school verifies the family valid change of residence of the family; AND
- iv. A CIF Form (please use local CIF Section Form) documenting the new school's verification of the family's valid change of residence is completed by the new school and family and received by the CIF Section within 30 days of the valid change of residence and recorded by the respective CIF Section.

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

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

8. **Pre-Enrollment Contact**

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

9. **Same Sport at Two (2) Different Schools**

No student shall be eligible to participate in the same sport at two (2) different schools in the same school year unless the student changed schools as a result of a valid change of residence. In the event of a change of schools due to a valid change of residence, a student will be allowed to participate in the same sport at two (2) different schools not to exceed, in total, the maximum number of contests in that sport as established by the CIF and/or the CIF Section.

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

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

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

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

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

(Revised April 2017 Federated Council)

CIF-OS 207. TRANSFER ELIGIBILITY

A. Determination of Transfer Student Status-Standards of Enrollment See also 201.A. (3)

1. A student shall be considered to be a transfer student when:
 - a. The student has attended class at their former school (School A); (Revised April 2016 Federated Council) AND/OR
 - b. The student has played in an athletic contest for their former school; AND/OR
 - c. The student has tried out for or practiced with a team prior to the beginning of the school year for five (5) days or more; AND
 - d. That student withdraws from School A or has completed the courses in which they were enrolled in at School A, so that student is no longer enrolled in any way at School A; AND
 - e. That student enrolls as a full-time student in a new school (School B).
 - f. THEN that student shall be determined to be enrolled in and having transferred to School B if all conditions of 201.A.(1) are met.
2. Students may not practice with or participate in an interscholastic athletic contest for the new school prior to establishing enrollment in the new school meeting these enrollment standards except if they are transferring at the beginning of the school year and practice for that season of sport begins prior to the first day that school and classes begin. These conditions must be met even if prior to this such a student has registered for classes and/or paid a non-refundable registration fee to the new school.
 - a. For eligibility purposes, students cannot have dual enrollment in two (2) different schools at the same time. During the time a student is intending to transfer schools, has registered for classes at the new school and/or paid a non-refundable registration fee at the new school, but still remains enrolled in the former school, the student will be considered to be enrolled in the former school. Only at such time as the student has withdrawn from or has completed the courses in which they were enrolled at the former school, and is no longer enrolled in any way at the former school, shall that student be considered as having transferred to the new school. This applies to 8th graders matriculating the following school year to 9th grade in a CIF member school.
3. No one associated with the athletic program at the new school may perpetrate any violation of Bylaw 510 or have inappropriate pre-enrollment contact as outlined in Bylaw 207.B or 510 prior to their enrollment in the new school as defined above. [See also Bylaw 201.A (4)]
(Revised April 2016 Federated Council)

B. CIF Transfer Rule

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

- Those making a valid change of residence (Bylaw 206); OR
- Those transferring to or from a CIF member school under the auspices of a CIF-approved foreign exchange program (Bylaw 208); OR
- Those transferring as a result of discipline (Bylaw 209).

NOTES:

Emancipated Minors: This Bylaw also applies to students 18 years of age or older and emancipated minors.

No Child Left Behind Act: Students transferring to another school under any provision of the federal legislation "No Child Left Behind Act" are not residentially eligible at their new school. However, a student may become eligible under the provisions of the appropriate Section and CIF Constitution and Bylaws.

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

Q: Is a boarding school student eligible to apply for the Sit Out Period assuming they meet all provisions of 207.B.(5).

A: Yes, assuming the student meets all provisions of 207.B.(5).b.
(Approved April 2018 Federated Council)

1. Mandatory Applications for Eligibility Determination

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

(Revised January 2016 Federated Council)

2. Pre-Enrollment Disclosure Requirements

[Please see also Bylaws 201.A.(1) & (4) and 510]

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

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

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

- a. In any sport(s) in which the transfer student has competed at any level at the former school(s) in the 12 calendar months immediately preceding their transfer to the new school, the student will be limited to sub-varsity (limited) eligibility in those sports;

- b. No student shall be eligible to participate in the same sport at two (2) different schools in the same school year;
- c. If the transfer is determined to be athletically motivated. Athletically motivated transfers may be considered prima facie evidence that the student enrolled in that school in whole or in part for athletic reasons and cause the student to be ineligible for participation in those sports in which the student participated at the former school as outlined in Bylaws 510 and 207.C.;
- d. The transfer is not determined to be based upon a disciplinary situation (See CIF Bylaw 209);
- e. The student meets all other provisions of all CIF Bylaws.

The student shall have unlimited residential eligibility for all sports at all levels under Bylaw 207 after having been enrolled for 12 calendar months from the date of transfer to the new school or in the case where the student returns to the previous school of eligibility as stated below:

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

(Approved April 2018 Federated Council)

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

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

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

- a. Any school (described as Former School or School A) which is located outside of the United States, a U.S. Territory, U. S. Military Base or Canada; AND
- b. Who are not enrolled in the CIF member school under the auspices of a CIF-approved foreign exchange program; AND
- c. Who meet all other requirements for eligibility in Bylaws.
THEN they may be granted unlimited residential eligibility in all sports at all levels at the new school except:
 - i. In any sport(s) in which the transfer student has competed at any level for a club or school team, in the 12 calendar months immediately preceding their transfer to the new school. The student will be limited to sub-varsity (limited) eligibility in those sports. For the purpose of this Bylaw, any and all organized sports programs (e.g. youth teams, community teams, club teams, national teams at any level or individualized instruction for competition in development schools or programs) in which the international student competed on, or participated within the last 12 months, will be considered by the CIF in determining whether the student participated in the equivalent of interscholastic competition.
 - ii. No student who has participated with a club or school team as described in (i), shall be eligible to participate in the same sport at the CIF member school within the same 12-month period (See also Bylaw 504.L.).
 - iii. If the transfer is determined to be athletically motivated. Athletically motivated transfers may be considered prima facie evidence that the student enrolled in that school in whole or in part for athletic reasons and cause the student to be ineligible for participation in those sports in which the student participated at the former school. (See also Bylaw 510)
 - iv. International students who are not participating in a CIF approved foreign exchange program are not eligible for the Sit-Out Provision.

The student may be granted unlimited residential eligibility for all sports at all levels under Bylaw 207 after having been enrolled for 12 calendar months from the date of transfer to the new school.

In Addition, Such International Transfers Must:

- d. Possess a valid visa, allowing them to attend school, issued by the U.S. Immigration and Naturalization Service or be a U.S. citizen who has been attending the equivalent of a United States high school secondary educational program outside of the United States; AND
- e. Provide to the principal of the school he/she attends an official un-translated transcript and a transcript that is translated into English, by an agency acceptable to the Section from the National Association of Credential Evaluation Service (NACES) membership, which indicates work taken in all grades in which the student was enrolled; the grade level equivalent in the United States as if the international student had completed all courses attempted satisfactorily; and the California grade-point average equivalent; AND
- f. If required, the international transfer student must pay tuition to the school/school district he/she attends as prescribed in Education Code Section 48052 et seq.; AND
- g. Be subject to the maximum of eight (8) consecutive semesters Bylaw 204; AND
- h. Be subject to the age requirement Bylaw 203; AND
- i. Not have graduated from high school. If they should have graduated, or have completed the equivalent coursework for graduation from high school/secondary school, the student is ineligible to participate in CIF competition; AND
- j. Not have the school's coaching staff, paid or voluntary, serve as the resident family for the international transfer student.

NOTE: CIF Sections may require individual students to have their school records/transcripts from the school from which they are transferring evaluated by an outside agency at the student's or school expense. (Revised April 2018 Federated Council)

5. Applications for Transfer Eligibility Limitations, Determinations and Exceptions

The CIF recognizes that, in certain circumstances, students may transfer from one (1) school to another due to a compelling hardship need or situation that is beyond a student's or their family's control. In response to such cases, the CIF allows for the CIF Section to make an exception to the limited eligibility status whenever they transfer and the case meets one (1) of the hardship circumstances outlined in Bylaw 207.B.(5)c.(viii). The first time a student transfers in high school, they may utilize the Sit Out Period exception covered in Bylaw 207.B.(5)b. below if they meet all of the conditions required. Any student whose transfer circumstances do not meet the conditions required by these two (2) options, will have their residential eligibility determined in compliance with 207.B.(5)a. as long as they meet the conditions required in that Bylaw

(Revised April 2018 Federated Council)

a. Limited Eligibility Applications

Any student who submits a limited eligibility application to their respective CIF Section may be made eligible to play at the sub-varsity level in any sports in which they have participated at any previous school in the 12 months prior to this transfer under the following conditions:

- i. The student was academically eligible at the time of transfer from the former school. Students who are academically ineligible at their previous school will not be eligible to compete at their new school until the requirements in Bylaw 205 are met and the new school has completed a grading period to verify that the student has met the CIF and school district academic eligibility requirements. A student cannot gain academic probation at the new school to fulfill this requirement if not available at prior school; AND
- ii. The principal of the former school attests in writing that the move was not made in violation of Bylaw 510; AND
- iii. The student is not transferring either voluntarily or because their former school has determined they must withdraw, because of a disciplinary infraction at the former school as defined in Bylaw 209.C. (1); AND

- iv. The student is not found by the CIF Section to have transferred to a school where their former high school coach has relocated or where a club coach, with whom they have been associated, is coaching per Bylaw 207.C.(4) or (5); AND
- v. No student shall be eligible to participate in the same sport at two (2) different schools in the same school year unless the student changed schools as a result of a valid change of residence or pursuant to a hardship approved by their respective CIF Section; AND
- vi. A completed Limited Transfer Application (please use local CIF Section Form) is received by the respective CIF Section office and has been processed and approved; AND
- vii. The student who is approved by their respective CIF Section office and competes in a contest at the sub-varsity level following such approval and before the Sit Out Period (SOP) dates described in B.(5)b.(ix) below, is ineligible for and may not compete at the varsity level in that sport for the remainder of that school year. This applies through the end of any Section, Regional or State Championship finals in that sport; AND
- viii. The student has not been determined by their respective CIF/Section Office or the CIF to have made a transfer or change in schools in violation of Bylaw 510.

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

Any student who transfers for the first time since their initial enrollment in the 9th grade in any school, or if the first transfer of schools for this student was granted due to an approved CIF hardship [see 207.B.(5).c], or a valid change of residence and whose circumstances causing the transfer do not meet any of the Hardship Exceptions outlined in c.(viii) on following page, may become eligible for varsity competition for the sport(s) in which they competed in the last 12 months at the former school or any other school, upon submission, review and approval by their respective CIF Section under the following provisions:

- i. This is the student's first transfer since they first enrolled anywhere in the 9th grade or had their first transfer determined to be a CIF hardship circumstance [207.B.(5).c.]; or a valid change of residence; AND
- ii. The student was academically eligible at the time of transfer from the former school; AND
- iii. The principal of the former school attests in writing that the move was not made in violation of Bylaw 510; AND
- iv. The student is not transferring either voluntarily or because their former school has determined they must withdraw, because of a disciplinary infraction at the former school as defined in Bylaw 209.C. (1); AND
- v. The student is not found by the CIF Section to have transferred to a school where their former high school coach has relocated or where a club coach with whom they have been associated is coaching, per Bylaw 207.C.(4) or (5); AND
- vi. The student has not been determined by their respective CIF/Section Office or the CIF to have made a transfer or change in schools in violation of Bylaw 510; AND
- vii. No student shall be eligible to participate in the same sport at two (2) different schools in the same school year unless the student changed schools as a result of a valid change of residence or pursuant to a hardship approved by their respective CIF Section; AND
- viii. The student has not competed at the new school at the sub-varsity level in that sport following the transfer during the current school year; AND
- ix. The student shall remain out of any competition at any level in each sport in which they competed in the last 12 months at the former school or any other school in accordance with the following Sit Out Periods (SOP):

The Sit Out Period will be 50% of the total number days in that particular season of sport. The number of days in a season is determined by each Section in accordance with their first allowable competition date through the final regular season competition date. If the total number of days in a season is an odd number, then the Sit Out Period would be 50% plus one additional day.

(Revised October 2017 Federated Council)

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

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

A: No.

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

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

c. Unlimited Eligibility Applications

Exceptions to the determination of limited eligibility under 207.B. (application for unlimited residential eligibility in all sports) may be applied for by the new school [CIF Form – (please use local CIF Section Form)] on behalf of the student. Consideration for unlimited residential eligibility will be given by the respective CIF Section upon review of the application only under the following provisions.

- i. The student was scholastically eligible at the time of transfer from the former school. Students who are scholastically ineligible at their previous school will not be eligible to compete at their new school until the requirements in Bylaw 205 are met and the new school has completed a grading period to verify that the student has met the CIF and school district scholastic eligibility requirements. A student cannot gain academic probation at the new school to fulfill this requirement if not available at prior school; AND
- ii. The student is NOT transferring, either voluntarily or because their former school has determined they must withdraw, because of a disciplinary infraction at the former school as defined in Bylaw 209.C.(1); AND
- iii. The student is not found by the CIF Section to have transferred to a school where their former high school coach has relocated or where a club coach, with whom they have been associated, is coaching per Bylaw 207.C.(4) or (5) & 510.E; AND
- iv. The student has not been determined by their respective CIF/Section Office or the CIF to have made a transfer or change in schools in violation of Bylaw 510; AND
- v. The student has not competed at the new school at the sub-varsity level in that sport at any time following the transfer to the new school; students who chose to play at the sub-varsity level under the provisions outlined in (5)a. (Limited Eligibility Applications) above may not subsequently be granted unlimited eligibility for that same sport during the same season at the new school; AND
- vi. No student shall be eligible to participate in the same sport at two (2) different schools in the same school year unless the student changed schools as a result of a valid change of residence or pursuant to a hardship approved by their respective CIF Section; AND
- vii. A completed Unlimited Transfer Application (please use local CIF Section Form) and documentation required by the CIF Section is received by the respective CIF Section office and has been processed, reviewed and approved; AND

viii. One (1) of the following hardship circumstances is documented to the satisfaction of the respective CIF Section:

a. **Court-Ordered Transfers**

Unlimited eligibility may be granted by the CIF Section in which the student's new school is located in cases where a student is residentially placed from one (1) school attendance area to the attendance area of the new school by a court order or a child protection order and all provisions listed above in c.(i-vii) are met. The student may be determined to have unlimited residential eligibility upon receipt of the CIF application (please use local CIF Section Form) and sufficient documentation (including but not limited to a copy of the court order) to satisfy that CIF Section Commissioner that the circumstances meet this criteria. The student will become eligible for varsity competition upon notification to the new school of the approval of such an application by the CIF Section.

b. **Children of Divorced Parents**

Unlimited eligibility may be granted by the CIF Section in which the student's new school is located when a student changes residence from one (1) parent's domicile to the other parent's domicile as a result of a court-ordered custody change, or court ordered or approved joint custody agreements and all provisions listed above in c.(ivii) are met. The student may be determined to have unlimited residential eligibility upon receipt of the CIF application (please use local CIF Section Form) and sufficient documentation (including but not limited to a copy of the divorce papers and custody agreements) to satisfy that CIF Section Commissioner that the circumstances meet this criteria. The student will become eligible for varsity competition upon notification to the new school of the approval of such an application by the CIF Section.

c. **Individual Student Safety Incidents**

Unlimited eligibility may be granted by the CIF Section in which the student's new school is located when a student is transferring as a result of a specific, documented safety incident in which the student was involved and all provisions listed above in c.(i-vii) are met. The student may be determined to have unlimited residential eligibility upon receipt of the CIF application (please use local CIF Section Form) and sufficient documentation is submitted to satisfy the CIF Section Commissioner that the circumstances meet this criteria. Required documentation may include, but is not limited to, administrative records and documentation from the former school about the specific safety incident that occurred at the former school and/or police records (if any). The student will become eligible for varsity competition upon notification to the new school of the approval of such an application by the CIF Section.

d. **Discontinued Program**

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

e. **Foster Children or Homeless Children**

A student who: (1) is under the court-ordered supervision of the California Foster Care System who has changed residences pursuant to a court order and as a result, has transferred schools, OR (2) is homeless as defined by 42 U.S.C. § 11302; shall be determined to be residentially eligible for unlimited participation in interscholastic athletics provided all other CIF rules and regulations are met. Under circumstance (1), a change of residence ordered by a social worker of the California Foster Care System shall be acceptable, provided all other CIF rules and regulations are met. Under circumstance (2), a determination by a Local Education Agency that the student meets the definition of homeless shall be acceptable, provided all other CIF rules and regulations are met. A subsequent transfer of schools by a homeless student while continuing to reside in the same residence/locale where the LEA declared the student "homeless" is subject to the transfer provisions of Bylaw 207. Section Commissioners shall render eligibility determinations for foster children and homeless children within 15 business days of receipt (Revised January 2016 Federated Council)

f. **Military Service**

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

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

g. **Married Status**

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

h. **Board of Education Ruling**

A student, or group of students, who transfer as a direct result of a ruling by the Board of Education of a school district that has two (2) or more high schools and which mandates a change of school attendance boundaries shall be determined to be residentially eligible for unlimited participation in interscholastic athletics in the school in the attendance area in which the student(s) are required to attend, provided the Board of Education Ruling is not a result of a disciplinary situation.

d. Appeals

All eligibility determinations made by the respective CIF Section office under the provisions of 207.B.(5)c. are final as all of these hardship circumstances are factual in nature and can be documented. Students whose eligibility determinations are made because they do not meet one (1) of the criteria outlined below in 207.C. or in 510 may appeal that portion of their eligibility determination in accordance with Bylaw 1100. Students may appeal a determination by their respective CIF Section if they have been found to not meet the following criteria:

- i. 207.B.(5)a.(iv) or b.(v) or c.(iii)

(Revised April 2017 Federated Council)

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

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

1. Mandatory Parent/Student Certification

[Please see also Bylaws 201.A.(1) & (4), 207.B.(2) and 510]

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

2. Mandatory Former School Certification

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

Definition of Credible Evidence

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

3. Mandatory New School Certification

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

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

The transfer of a student from his or her current school of attendance with or without a valid change of residence (Bylaw 206) to any CIF member high school where the student participated, during the previous 24 months, on a non-school athletic team, (i.e. AAU, American Legion, club team, etc.) that is associated with the new school in the sports previously participated in shall be considered prima facie evidence (sufficient evidence) of undue influence/recruiting by the school to which the student transfers. Such transfer may be considered prima facie evidence (sufficient evidence) that the student enrolled in that school in whole or part for athletic reasons. A team associated with the school is one that is organized by and/or coached by any member of the coaching staff at, or any other person associated with, that school and/or on which the majority of the members of the team (Participants in practice and/or competition) are students who attend that school. When a prima facie case (sufficient evidence) of undue influence/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one (1) calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at any school in the last 12 months and/or the sport with which the coach referenced herein is associated, unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

Definition of Persons Associated With School

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

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

A student at any grade level who transfers to a new school within one (1) calendar year of the relocation of his/her former high school coach to that school with or without a corresponding valid change in residence shall be considered prima facie evidence (sufficient evidence) of undue influence/recruiting by the school to which the student transfers or may be considered prima facie evidence (sufficient evidence) that the student enrolled in that school in whole or in part for athletic reasons (See Bylaw 510). When a prima facie (sufficient evidence) case of undue influence/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one (1) calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at any school in the last 12 months and/or the sport with which the coach referenced herein is associated, unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

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

The CIF, as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the Federated Council. As stated in CIF Bylaw 200.A.(6) the CIF Bylaws shall serve as a deterrent to students who transfer or change schools for athletic reasons and to individuals who attempt to recruit (unduly influence) student-athletes or their parents to enroll in a school because of athletics. As stated in CIF Bylaw 200.A.(2) the CIF Bylaws reinforce the principle that students attend school to receive an education first; athletic participation is secondary. CIF Bylaws provide for individual Section Offices to limit eligibility for a student when there is evidence the transfer, or move is made to acquire athletic participation at their new school (School B). Students may be determined by their respective CIF/Section Office or the CIF to have made an athletically motivated transfer or change in schools under any of the basis listed in CIF Bylaw 510.E.(1)-(3). (Revised April 2017 Federated Council)

7. Disclosure

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

8. Clearance of Pre-Enrollment Contact

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

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

9. Penalties

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

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

10. Appeals

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

DEFINITION OF TERMS

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

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

Limited Eligibility — Students granted limited eligibility are limited for one (1)-year (from the date of transfer) to non-varsity competition in the CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports.

Prima Facie — A legal term that means at first sight; on the first appearance; on the face of it; a fact presumed to be true unless disproved by some evidence to the contrary. A prima facie case is one in which the evidence presented is sufficient proof for the plaintiff (Section) to win its case of undue influence. In such a case, the defendant (school) must successfully refute the evidence for the student to gain eligibility.
(Revised February 2017 Federated Council)

CIF-OS 208. FOREIGN EXCHANGE STUDENTS

A foreign exchange student is a transfer student from one (1) school to another without a valid change of residence (See Bylaw 206.C.) under the auspices of a CIF-approved foreign exchange program.

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

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

1. Such student must be under the auspices of, and be placed with a host family in the United States by a foreign exchange program that meets all the requirements listed below:
The program has been accepted for listing by the Council on Standards for International Educational Travel (CSIET); AND
The program has submitted a signed CIF Foreign Exchange Program Approval Request Form:
 - a. Stating that their placement procedures for foreign exchange students are purely random with respect to athletic participation and school placement; AND
 - b. Stating that there shall be no school, coach, community, relative or friend contact related to athletics regarding the enrollment of any student in a particular school; AND
 - c. Has been approved by the CIF; AND
 - d. The program has been recognized by the U.S. State Department and the California Office of the Attorney General, and the Council on Standards for International Educational Travel (CSIET); AND
 - e. Any CIF-approved foreign exchange program that fails to fulfill the CIF conditions for exempt status shall be subject to immediate suspension of its exempt status and subject to permanent loss of its exempt status after due process has been fulfilled. All approved programs will be posted on the CIF website (www.cifstate.org)

NOTE: Only foreign exchange programs registered with the California Office of the Attorney General and the U.S. State Department may place foreign exchange students in a California School (Government Code Section 12620 et seq.). The CIF-approved list of programs posted on the CIF website, reflects the programs approved by CIF that are also registered with the California Office of the Attorney General, the U.S. State Department, and the Council on Standards for International Educational Travel (CSIET). No other exchange programs will be recognized by the CIF as approved exchange programs for 2019-20.

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

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

3. Neither the school the foreign exchange student attends, nor any person associated with the school, shall have input into the selection of the foreign exchange student; AND
4. No foreign exchange student may play varsity sports if any member of the host family is a coach, paid or volunteer, at the school of attendance; AND
(Revised April 2018 Federated Council)
5. A foreign exchange student involved in an approved foreign exchange program where placement is not in accordance with CIF conditions for exempt status is subject to loss of his/her residential eligibility (waiver of the transfer rule); AND
6. A foreign exchange student must possess a current visa, issued by the U.S. State Department; AND
7. A foreign exchange student must comply with all eligibility requirements set forth by the CIF and the Section having jurisdiction; AND
8. A foreign exchange student who graduated from high school is ineligible to participate in CIF competition, unless the educational program in the student's country completes high school (graduation) after the student's 10th or 11th year of regular schooling (not including preschool or kindergarten classes), in which case the student may have CIF athletic eligibility through the 12th consecutive year of regular school attendance after initially enrolling in the first grade (not preschool or kindergarten classes); AND
9. A foreign exchange student who changes from a J-1 visa to any other type of visa that requires them to change schools, are subject to Bylaw 207.B.(5)a. and c. and cannot be made eligible for 207.B.(5)b. (Sit Out Period) since this would constitute their second transfer; AND
10. A foreign exchange student participating in a CIF-approved foreign exchange program must comply with the maximum of eight (8) consecutive semesters Bylaw. A foreign exchange student who is not in compliance with the eight (8) consecutive semesters Bylaw may apply for a waiver under the Bylaws established by the CIF and the respective Section of the student's current CIF school; AND

11. A foreign exchange student must be eligible under all other State and Section Bylaws; AND
12. All foreign exchange students in CIF-approved foreign exchange programs shall submit the appropriate waiver application(s) as required by their respective Section under Bylaw 208 with a CIF Pre-Enrollment Contact Affidavit [CIF Form - (please use local CIF Section Form)] signed by the student and a host parent (part 1), and the enrolling school official(s) (part 3). Foreign students in CIF-approved foreign exchange programs need not obtain signatures of officials from their former school; AND
13. A foreign exchange student who participates in an interscholastic athletic contest or is enrolled in and/or attended a class shall be considered to have been enrolled in that school and shall be classified as a transfer student if the student subsequently enrolls at another school.

(Revised April 2016 Federated Council)

B. CIF Students Transferring Back to a CIF Member School from Study Abroad

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

1. The student is returning to the same CIF member school in which they were enrolled immediately prior to their enrollment in the foreign school; AND
2. There is no evidence that the transfer to or from the foreign country was athletically motivated (see also Bylaw 510); AND
3. There is no evidence of the use of undue influence (recruiting) by anyone associated with either school; AND
4. The CIF student is in compliance with all eligibility requirements set forth by the CIF and the Section having jurisdiction; AND
5. The CIF student must comply with the maximum of eight (8) consecutive semester Bylaw. If a student has exceeded eight (8) consecutive semesters of attendance upon return from the study abroad, they may apply for a waiver under the Bylaws established by the CIF and the respective Section of the student's CIF member school. All CIF students returning from the study abroad shall submit the appropriate waiver application(s) for approval as required by their respective Section.

NOTE: This study abroad provision may be used only one time, for up to two consecutive semesters, during a CIF student's eight (8) consecutive semesters in high school. (Revised May 2020 Federated Council)

C. Appeals

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

CIF-OS 209. DISCIPLINE, EXPULSION AND TRANSFER FOR DISCIPLINARY REASONS

A. Expulsion

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

B. Suspended Expulsion

A student who has been expelled and has the expulsion suspended by the school board or board of directors and remains at his/her current school may be eligible so long as all other CIF and Section requirements are met. The conditions under which this student may be eligible will be determined by

the local school board or board of directors. If the student is deemed eligible to participate, the conditions of his/her eligibility must be sent to the appropriate Section office.

C. Disciplinary Transfer

1. If a student transfers from any public or private school when a disciplinary action is in place or pending, that student shall be ineligible for competition in all sports for one (1) year from the date of the transfer to the new school.
(Revised May 2020 Federated Council)
2. A student, permitted by the principal to return to the school compelling the disciplinary transfer, may be granted unrestricted athletic eligibility by the Section if the student did not participate in any athletic program at the transfer school; compete for the transfer school; and, at the time of the transfer, conditions for return were established by the school administration that include, but are not limited to:
 - a. Satisfactory attendance criteria; AND
 - b. Applicable behavior standards; AND
 - c. Academic performance standards; AND
 - d. Principal's approval of the return based upon documented evidence provided by the transfer school that the student satisfactorily complied with all conditions for return.
(May 1997 Federated Council/Revised May 2003 Federated Council/Revised May 2005 Federated Council)

CIF-OS 210. PHYSICAL ASSAULT

A. Student

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

B. Coach

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

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

(Approved May 2009 Federated Council)

A. Current Eligibility

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

B. Transfer Eligibility

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

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

- a. **Probationary Period**

The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve educational progress in items (3) or (4) above in the previous grading period to remain eligible to participate in interscholastic activities during a probationary period. The probationary period shall not exceed one (1) semester in length, but may be for a shorter period of time as determined by the governing board of the school district, private school, or parochial school. A student who does not achieve educational progress, as defined in items (3) or (4), during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure should be the maximum as used in that school.

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

(Approved May 2003 Federated Council)

CIF-OS 212. AMATEUR STATUS

A. CIF Sponsored Competition

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

B. Reinstatement of Amateur Status

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

C. Violations in CIF-Sponsored Competition

A student shall become ineligible for CIF competition in the respective sport and shall be penalized according to A. and B. above for the following violations related to CIF competition:

(*See caution below)

1. Receiving, from any and all sources, athletic awards totaling more than \$250.00 in value for:
 - a. Accomplishments in any regular season CIF high school competition event;
NOTE: Typical examples of regular season CIF high school competition events include, but are not limited to, any league or non-league dual contest and invitational tournament held prior to any season-culminating league, Section, Region and/or State Playoff competition.
 - b. A recognition award program, such as "Player of the Week"/"Month," for any regular season CIF high school competition.
2. Receiving, from any and all sources, athletic awards totaling more than \$500.00 in value for any post-regular season CIF high school competition or recognition program;
NOTE: For purposes of this Bylaw only, league, Section, Region and State Playoff competition is considered to be one (1) continuous event.
NOTE: The dollar value of an award, exclusive of engraving, shall be determined by the following criteria:
 - a. The retail price paid by the last purchaser in the acquisition of the award;
 - b. When the host school or league purchases the award, the retail price paid by the host school or league;
 - c. When the award is donated by another entity, the retail price paid by or cost to that entity.
3. Wearing a school team uniform or any identifying school insignia while appearing in any advertisement, promotional activity or endorsement for any commercial product or service;
4. Lending his/her name and team affiliation for purposes of commercial endorsement. Any appearances by students for nonprofit organizations must be approved by the Board of Trustees concerned. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team or school affiliation;
5. Accepting payment for loss of time or wages while participating in CIF competition;
6. Receiving payment for coaching a team in CIF competition.

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

(Revised May 2004 Executive Committee/Revised May 2009 Federated Council)

CIF-OS 213. HARDSHIP WAIVERS OTHER THAN TRANSFER

A hardship is defined as an unforeseeable, unavoidable, and uncorrectable act, condition or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. Due to hardship circumstances experienced by the student, the following Bylaws may be waived, provided that the Section has established rules and procedures regulating hardship waivers. Waivers granted by the Section are not transferable to another Section. Applications to waive the following Bylaws must be submitted to the CIF Oakland Section for an eligibility determination, which the CIF Oakland Section Commissioner shall render in writing within 20 business days of receipt. The CIF Oakland Section Commissioner shall render eligibility determinations for foster children and homeless children within 15 business days of receipt.

(Revised April 2016 CIF Federated Council)

- A. 20 Semester Credit Requirement (Bylaw 205.C.)
- B. Charged Semester of Attendance (Bylaw 204)
- C. Age Requirement (Bylaw 203)

CIF-OS 214. POST-INJUNCTION REMEDIES

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

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

- J. When a student-athlete representing a school in team events is declared ineligible subsequent to the competition, or a penalty has been imposed or action taken as set forth above, all records of the team's performance shall be deleted, the team's place in the final standings shall be vacated and the team's trophy, banner, patches and other indicia of victory shall be returned to the CIF. In the event the student-athlete's school has been previously declared champion, the runner-up school shall be declared champion and all records adjusted accordingly.

CIF-OS 215. INTERCOLLEGIATE PARTICIPATION

A student who participates in an intercollegiate athletic contest prior to the completion of his/her eight (8) consecutive semesters of high school eligibility shall be ineligible for high school participation in that sport for the duration of the student's high school enrollment. (See also Bylaws 600.G and 702. and corresponding Q&As.)

(Approved February 2003 Federated Council)

CIF-OS 216. GRADUATES

High school graduates are not eligible for CIF competition and are not subject to CIF rules except as noted below in A. and B.

A recent graduate game is outside the jurisdiction of the CIF.

A. Mid-Year/Spring Graduation

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

B. California High School Proficiency Exam

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

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

(Revised May 2003 Federated Council)

ARTICLE III: APPEALS FOR NON-TRANSFER ELIGIBILITY ISSUES

CIF-OS 300. OAKLAND SECTION APPEALS PROCEDURE (CIF-OS)

Appeals of CIF Bylaws or CIF-OS Rules final decisions by the Commissioner of the CIF-OS concerning a student's eligibility shall comply with current CIF Bylaws/Policies.

- A. An appeal shall be filed with the Oakland Section office in writing and shall detail the nature of appeal and outline the position as to why the decision is in error or why an appeal to the section level is necessary.
- B. The written appeal shall be forwarded to the Oakland Athletic League Policy Committee Chairperson who shall determine if a hearing of the appeal is warranted. If the appeal is appropriate, the chairperson or Commissioner shall appoint a single Hearing Officer or a Hearing Panel consisting of three members. Those eligible to serve on the Hearing Panel shall be any Oakland Section administrator except those who represent the school from which the appeal originates and those representing the athlete in question.
- C. Notice of the hearing shall be made to all parties directly involved and the hearing shall be held within two calendar weeks after receipt of the written appeal by the Oakland Section Office.

CIF-OS 301. HARDSHIP HEARING (CIF-OS/CIF) For Non-Transfer Rule Eligibility

In the event that the appeal concerns a hardship waiver, (CIF #215), it shall be the responsibility of the appealing party to present evidence to the Hearing Panel which may establish the hardship claim. (See "Hardship Appeal Form" in Appendix).

CIF-OS 302. CONDUCT OF THE APPEALS HEARING (CIF-OS) For non-Transfer Rule

- A. The members of the Hearing Panel shall select from among themselves a presiding member.
- B. The presiding member shall preside throughout the hearing and exercise all powers relating to the conduct of the hearing. The hearing need not be conducted in accordance with technical rules relating to evidence and witnesses.
- C. The proceedings of the hearing may be tape recorded.
- D. Each party to the appeal shall have the right to call and examine witnesses, to introduce exhibits, and to rebut any evidence against him/her. Any relevant evidence shall be admitted if it is the sort of evidence on which responsible persons are accustomed to rely in the conduct of serious affairs.
- E. An oath or affirmation shall be administered to all parties present.

CIF-OS 303. DECISION OF THE HEARING PANEL OR HEARING OFFICER (CIF-OS)

For Non-Transfer Rule Eligibility Issues

- A. The presiding member of the Hearing Panel or Hearing Officer shall indicate to the parties involved as to when a decision shall be made, however, a decision must be rendered within 20 school calendar days of the hearing date.
- B. The decision shall be prepared in writing. The decision shall include findings of fact, the determination of the issues presented, the sanction and its effective date to be imposed or lifted, if any.
- C. Copies of the decision shall be mailed to the parties directly involved.
- D. Decisions of the Hearing Panel or Hearing Officer may be appealed to the CIF Executive Director.

CIF-OS 304. APPEALS OF CIF BYLAW 207, TRANSFER ELIGIBILITY

Refer to cifstate.org

ARTICLE IV: COACHES' CODE OF ETHICS AND BOARD OF REVIEW

CIF-OS 400. CIF-OAKLAND SECTION COACHES' CODE OF ETHICS. Ethical Conduct (CIF-OS)

A minimum of three (3) Principals of the CIF-OS Policy Committee, minus the CIF-OS principals of the schools(s) involved in a disputed Coaches' Code of Ethics violation, may be called upon by the Oakland Section Commissioner to serve as a Board of Review and rule on such cases for further action beyond the involved Principal's initial actions. Following action by the Board of Review, the Commissioner may forward results to District staff for further investigation to determine action it deems appropriate against the involved coach(es).

CIF-Oakland Section Coaches' Code of Ethics:

- A. Principals and Athletic Directors are to require head, assistant and volunteer coaches of every sport to sign a CIF-Oakland Coaches' Code of Ethics understanding (please refer to one-page copy in the APPENDIX section of this CIF-OS Rule Book) prior to the beginning of their respective sport's season.

The following procedure shall be followed, whether or not the coach was aware of the rule prohibiting such action:

1. The School principal conducts an immediate investigation requiring the head coach, assistant/volunteer coaches and any other staff present at the contest to submit written statements describing circumstances leading to the withdrawal of the team or purposeful delay of the contest.
2. The Commissioner requests a written report of the incident from officials through their association, as well as from opposing schools coaches and staff through their principal. All secured reports are to be forwarded to the school principal for consideration in determining action.
3. The School principal files complete a written report, including all written statements, to the Commissioner with action taken.
4. The Commissioner reviews report and either:
 - a. Accepts report and forwards to Policy Committee with recommendation for acceptance; or
 - b. Forwards to the Policy Committee recommending further action to be taken.
5. Through the Commissioner, the District investigates to determine action it deems appropriate against the coach.

CIF-OS 401. MEMBERSHIP (CIF-OS)

The Board of Review's ruling may be forwarded for further investigation to District staff whom shall consist of:

- A. The Commissioner of the CIF-OS, permanent chair, ex-officio.
- B. Associate Superintendent or designee.

CIF-OS 402. FINDINGS (CIF-OS)

Board of Review recommendations concerning adult conduct shall be submitted to the Superintendent of Schools.

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ARTICLE V: COACH CRITERIA

CIF-OS 500. WHO MAY COACH (CIF 506A, 509)

All first-year CIF-OS coaches are required to register and become certified by the CIF Coaching Education Program not later than one week prior to the first practice. All public school teams must be coached by a person who meets the CIF requirements. Any team coached by an uncertified person, or by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, is ineligible under California Interscholastic Federation rules.

CIF-OS 501. ADDITIONAL REQUIREMENTS (CIF-OS)

In order for OUSD's Human Resources Department to grant authorization for the hiring of second-year CIF-OS coaches, Classified and Certificated applicants must show proof of certification by the CIF Coaching Education Program by June 30th following their first-year as CIF-OS coaches. Second-year CIF-OS coaching applicants who have not been certified by the CIF Coaching Education Program within their first school- year; during which time, they must become CIF certified in order to apply in subsequent years. (Federated Council May 2005; Policy Committee 9/97). Any regular District employee at one OUSD high school shall not be hired to coach at another OUSD high school. The CIF-OS Policy Committee and the OUSD may establish additional requirements for persons to coach in the CIF-OS.

CIF-OS 502. SUPERVISION REQUIREMENT (CIF 307)

No CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V or CIF Bylaw 506 B.

CIF-OS 503. COACHING ASSIGNMENTS (CIF-OS)

- A. All coaching assignments are extra duty assignments.
- B. All coaching assignments are made by the principal in accordance with district policy assignments.
- C. A coach may be relieved of a coaching assignment in the event that Oakland Unified School District, CIF-OS, or CIF rules are violated.

CIF-OS 504. GENERAL COACHING RESPONSIBILITIES (CIF-OS, See Appendix)

- A. Physical Examination and Insurance Requirements.
- B. Team tryout and eligibility.
- C. Practice sessions and coaching instruction, including direction and techniques.
- D. Team equipment and uniforms.
- E. Practice and league games.
- F. Team travel.
- G. Complying with CIF By-law, CIF-OS Rules, OUSD Policy.

CIF-OS 505. VOLUNTEER COACHES (CIF-OS)

Persons assisting with teams must be an Oakland Unified School District registered volunteer and approved by the principal of the school. TB test, CPR, first aid and the CIF Concussion Course are required for volunteers to complete. Registered volunteers may travel on the team bus provided they are accompanied by a certified coach of the school. They may sit on the team bench and may assist the coach. Registered volunteers shall not speak in an official capacity to the opposing coaches or to game officials.

CIF-OS 506. INTRAMURAL SEASON (CIF-OS)

An intramural sport season prior to the official opening date of any activity shall be limited to twenty school days in length. The intramural sport season must meet the following criteria:

- A. A coach shall not provide instruction during the intramural season.
- B. Notice of an intramural season shall be posted in the school.
- C. An intramural season shall be open to all students of a school.
- D. During an intramural season students may be organized into leagues/tournaments.
- E. Parent approval must be obtained before a student may participate during an intramural season.

CIF-OS 507. PRACTICE (CIF-OS)

- A. Unless the number of practice days or time schedule must be adjusted, it is expected that each coach will spend a minimum of ten hours a week practicing and preparing the team. Practice periods shall not exceed two hours in length.
- B. Coaching of CIF-OS teams shall be permitted in the last Physical Education period of the school day. Approval for practice periods beginning before the end of the school day must be obtained from the school principal or from the Commissioner of the CIF-OS.

ARTICLE VI: CHAMPIONSHIPS

CIF-OS 600. LEAGUE CHAMPIONSHIP

1. League (CIF-OS) Championships in badminton, basketball, football, golf, tennis, and wrestling, shall be determined by the league win/loss record.
2. In sports where leagues are combined with BACSAC, section championship playoffs will determine a champion.

CIF-OS 602. OAKLAND SECTION CHAMPIONSHIP

1. The Oakland Section champion in football shall be the winner of the football playoffs between the top four teams in the league standings. See Special Regulations, Football, for the playoff format.
2. The Oakland Section champion shall be the winner of the Final Championship event

CIF-OS 603. TIE BREAKING PROCEDURE

Unless otherwise specified ties shall be broken using the adopted tie breaking formula to determine league championships and/or playoff positions for section championships. See Special Regulations per sport. Formula:

- **Step #1 Above** – Compare the win/loss standings of the tied teams with the team immediately above. If a tie remains, compare win/loss standing of tied teams with the second above. If tie remains, apply Step #2.
- **Step #2 Within** – Compare the win/loss standings of the tied teams with each other. If tie remains, apply Step #3.
- **Step #3 Below** – Compare the win/loss standings of the tied teams with the teams immediately below the tie. If the tie remains, compare with the next team below. If tie remains, apply Step #4.
- **Step #4** – Should a tie remain, a coin toss should be used to determine playoff positions with the winner gaining the advantage. If time permits, a play-in game will be used to determine the first team out of playoffs.

ARTICLE VII: SPECIAL REGULATIONS PER SPORT

CIF-OS700. BADMINTON

A. Dual Meets

1. A single round robin dual meet schedule will be played by each school. A dual meet will consist of ten singles and five doubles matches. A school without a full complement of players will forfeit those matches not played. One point will be allotted each winning match to determine dual meet winners.
2. The players in dual meets are ranked according to skill level from high to low ability on both the singles and doubles teams. Players are ranked one through ten singles and doubles teams. Players are ranked one through ten singles and one through five doubles prior to play at each dual meet. Ranking may change from meet to meet.
3. A maximum of ten regulation singles matches shall be played in the first round of a dual meet and a maximum of five regulation doubles matches shall be played in the second round of a dual meet. A regulation match shall consist of the best of three games using regulation scoring. A team without full complement of players shall forfeit matches from the bottom after ranking the players in sequential order. Should matches be forfeited from either or both schools resulting in a tie score, the team with the most games won shall be the dual meet winner. If games end in a tie, total points shall be added to determine the winner.
4. A maximum of two matches, one singles and one doubles, may be played by any one player in a dual meet. On any given day a dual meet team will consist of a minimum of eight or a maximum of sixteen players. If a team has fewer than eight players an automatic forfeit will occur.

B. CIF-OS Finals - Singles And Doubles Tournament

1. A singles tournament and doubles tournament will be held on two separate days. These will be single elimination tournaments utilizing regulation scoring. In order for a player to compete in the finals a player must have competed in the dual meets.
2. Each team may enter a maximum of the two highest ranked singles players and the two highest ranked doubles teams in the finals tournament. The seeding of players for the finals will be by:
 - a. Coaches ranking of their own players.
 - b. Results of dual meets.
 - c. Placement of the top four competitors first, and remaining players placed by draw.
 - d. A maximum of six regulation matches may be played by any one player in each of the finals tournaments.

C. League Championship

1. The league championship will be determined by the win-loss record of the teams.
2. In the case of a tie between two or more teams, a playoff will be scheduled.

D. All City

1. The first place finalists in the singles and doubles CIF-OS Final Tournament shall be All City.

CIF-OS 701. BASEBALL

- A. NFSHSA rules and CIF/CIF-OS modifications shall govern all contests
- B. Where there is a need for special ground rules it shall be the duty of the coach of the home team to explain these regulations to the visiting team and umpire. In the event the two coaches cannot agree on these special ground rules the umpire shall act as the final authority.
- C. There shall be no batting practice by either team.
- D. The time schedule for fielding practice shall be as follows:

Home Team Fielding	15 Minutes
Visiting Team Fielding	15 Minutes
Discussion of Ground Rules	5 Minutes
Game Starts	
- E. The CIF-OS Ejection Policy applies to practice, league, and playoff games.
- F. Scrimmages shall be permitted providing there is no expense to the league or the Oakland Unified School District.
- G. Junior varsity players may compete on the varsity team one game and on the junior varsity team for succeeding games or vice versa. Players cannot compete in varsity and junior varsity games on the same day.

H. All-City Baseball

1. Coaches must be in attendance during the selection process for their school's nominees to be considered for All City status.
2. In order to compile the nominees for the All-City CIF-OS teams, schools will submit the names of the players from their schools who they believe should be considered
3. The ten players receiving the highest number of votes will be placed on the first team. The next ten players receiving the highest number of votes will be placed on the second team

CIF-OS 702. BASKETBALL

- A. NFSHSA rules and CIF modifications shall govern all contests.
- B. The following are the rules for participation of junior varsity basketball competition:
 1. No senior student shall be eligible for the junior varsity team
 2. Eligibility rules shall be the same as for varsity teams.
 3. Playing any part of an CIF-OS varsity game makes a player ineligible for the junior varsity that season.
 4. All junior varsity games shall be played in seven-minute quarters with 10 minutes between halves.
- C. The CIF-OS Ejection Policy applies to practice games, league games, and playoff games.

D. Basketball Play-Offs

The top four teams in the final CIF-OS league standings shall qualify for the Oakland Section play-offs. The top four teams in the final BACSAC league standings shall qualify for the Oakland Section playoffs. Seeding will be determined by win/loss record, common opponents, and strength of schedule.

1. In the event that ties exist in the final league standings for first, second, or third, the following formula shall be applied:
 - **Step#1 Above** - Compare the win/lose standing of the tied teams with the team immediately above. If a tie remains, compare win/loss standing of the tied teams with the team second above. If tie remains, apply
 - **Step #2 Within**- Compare the win/loss standings of the tied teams with each other.
 - **Step # 3 Below**- Compare the win/loss standings of the tied teams with the teams immediately below the tie. If the tie remains, compare with the next team below.

The following is an example of the formula with a second place tie:

TEAM	WINS	LOSSES
A	7	3
B	6	4
C	6	4
D	6	4

Team A receives the point. B, C, and D win/loss standings are compared with A. Assuming B had one win against A, C had no wins against A, and D had two wins against A. C is eliminated. D plays B and the winner plays A as specified

in 1 above

2. Exceptions to the formula application are as follows:

THIRD PLACE TIE

TEAM	WINS	LOSSES
A	7	3
B	6	4
C	6	4

In the event of a tie for third place in the final league standings the formula shall be applied. Should the tie continue to exist after the three steps have been applied, a play off game between C and D will be played.

3. In the event a tie for First place cannot be broken using the above formula a coin toss will be held to determine the playoff format

E. All-City Basketball Teams

1. Coaches must be in attendance during the selection process for their school's nominees to be considered for All City status. In order to compile the nominees for the All-City CIF-OS teams, schools will submit names of the players from their schools who they believe should be considered.
2. The five players receiving the highest number of votes, regardless of playing position, will be placed on the first team. The next five players, according to the number of votes received and regardless of playing position, will be placed on the second team.
3. 1st Place = 4 NOMINATIONS
2nd Place = 3 NOMINATIONS
3rd Place = 2 NOMINATIONS
4th Place = 2 NOMINATIONS
5th Place = 2 NOMINATIONS
6th Place = 2 NOMINATIONS

CIF-OS 703. BOWLING

A. Dual Meets

1. A single round robin dual meet tournament schedule will be played by each school. A varsity team will consist of three coed teams of four players each. There must be two boys and two girls on each team. Teams will be ranked consecutively according to skill levels "A", "B", and "C".
 2. For the first dual meet the players will be ranked consecutively according to high to low, based upon the scores from six initial tryout games. For dual meets thereafter, the average will include the dual meet games. Players on each team will bowl three games and will compete individually against opponents placed in corresponding positions. Example: Players ranked 1-4 of the "A" team will compete against players ranked 1-4 of the opposing "A" team; the "B" against "B"; and "C" against "C".
 3. The meet will be scored by each team earning a maximum of nineteen points for a total of fifty-seven points. The nineteen points are earned as follows: One point is earned for each game won as players compete individually against their opponents for a maximum of twelve points; Two points are earned for each subtotal of team games greater than the opponents subtotal of team games for a maximum of six points; One point earned for total team points greater than opponents total team points, and; The team scoring the greater number of points.
 4. If a player is absent for a match, an alternate will be substituted and will bowl as a pacer. The absent player's average minus ten points must be used to calculate team score. An absent player's average minus ten may be utilized a maximum of two times. On the third occasion, the player is dropped from the team. An alternate player, if available, will become a team member.
- B. The league championship will be based on the results of the dual meets. In the case of a tie for first place between two or more teams, a play off will be scheduled.
- C. All City The top six bowlers (three boys and three girls) earning high game, high series, and high average honors shall be All City.

CHEERLEADERS – Please refer to Cheerleader Regulations (CIF-OS).

CIF-OS 704. CROSS COUNTRY

- A. There shall be a single round-robin dual meet schedule and a final CIF-OS meet.
- B. Schools may enter twelve competitors in each dual meet but shall designate seven competitors for scoring purposes
- C. A student shall have competed in at least **two** CIF-OS meets to be eligible for the CIF-OS Finals.
- D. To gain eligibility to run at CIF-OS City or BACSAC Finals, an athlete must participate in 2 meets prior (this includes Oakland Section Invitational, and region meets).
- E. To gain eligibility to run at Oakland Section Finals an athlete must have run varsity at their League Finals. The top four (4) teams and top eight (8) individuals, not on the winning team, who finish in the top 15 in both the BACSAC and CIF-OS finals will qualify for the Oakland Section Finals. This means there will be a MAXIMUM of 8 teams (4 from BACSAC Finals, and 4 from CIF-OS City Championships) as well as 16 individuals (8 from BACSAC Finals, and 8 from CIF-OS City Championships) making a total of 72 athletes running in Oakland Section Finals. If less teams or individuals make the qualifying standard then less kids will run at Section Finals.
- F. To gain eligibility to run at the CIF State Championship, one must qualify from Oakland Section Finals. The winning team (on both the girls and boys side) as well as the top 5 individuals, not on the winning team who finish in the top 8 will earn a berth to the state meet.
- G. National Federation of State High School Association rules and CIF modifications shall govern all meets. The top six finishers in the CIF-OS finals in the boy's and girl's divisions shall be **All City**.

CIF-OS 705. FOOTBALL

A. General Regulations

1. There shall be no football practice before the start date as set each year by the Commissioner of the Oakland Section
2. After the close of the regular spring sport season, a preview football practice, not to exceed two hours per day for a period of ten days, may be conducted. There shall be no bodily contact. Practice jerseys, shoes and helmets may be used. Junior High School students shall not be eligible to participate.
3. No member of any Oakland Section football squad shall engage in any bodily contact the first three days after receiving his equipment if (s)he did not take part in the full week of conditioning.
4. No member of any Oakland Section football squad shall have regulation football gear issued to him/her until (s)he has complied with all physical examination and insurance regulations.
5. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game.
6. **AGE REQUIREMENT**
 - a. A student under 15 years of age may not participate in an interscholastic contest or scrimmage against the varsity team of another school. This Bylaw may be waived by Section action provided the Section adopts criteria for such a waiver which shall include, but not be limited to, the following:
 - i. Participants must be at least 14 years of age;
 - ii. A letter from a licensed medical practitioner that the student is able to compete at the varsity level;
 - iii. A signed consent statement from the parent(s)/guardian(s)/caregiver, allowing participation at the varsity level;
 - iv. A statement from the head coach that the student-athlete has the physical and mental maturity to compete at the varsity level;
 - v. A statement of compliance must be forwarded by the principal to the respective Section Office verifying that all required documentation has been completed and is on file in the appropriate school office. (Revised May 2000 Federated Council/Revised March 2004 Executive Committee)
7. **CIF 2001. NUMBER OF FOOTBALL PRACTICE DAYS; NO SUNDAY PRACTICE; TEAM CAMPS/OTHER OFFSEASON ACTIVITIES**
 - a. There shall be no football games until the team has had 14 days of practice before the first game. Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game. (The opening date of football practice may be determined by each Section.) No Sunday practice is permitted (See Bylaw 504.M. for exception).
 - b. Football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of

sport. For purposes of this Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football. (Revised April 2018 Federated Council)

- c. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes. (Approved April 2015 Federated Council)

8. **CIF 2002. SCRIMMAGE LIMITATIONS**

- a. No individual student shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. Scrimmage is defined as practice where the teams alternate in carrying the ball, downs are not counted, no score is kept and the coaches are on the field directing play.

9. **CIF 2003. PHYSICAL CONDITIONING PRACTICE**

- a. A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate Section.

10. **CIF 2004. SPRING FOOTBALL PRACTICE/JUNIOR HIGH SCHOOL STUDENTS**

- a. Eighth and 9th grade students from an elementary, middle or junior high school may not take part in the spring football practice at the high school (See Bylaw 303 for multi-school exception). A high school coach may not conduct a football practice session at a separate junior high school.

11. **CIF 2005. NUMBER OF GAMES LIMITATION**

- a. A high school football team of any classification or name shall not play more than two (2) games in any eight (8) day period. A continued game under National Federation football rules shall not be considered in this limitation.

12. The CIF-OS Ejection Policy applies to practice games, league games, and playoff games. The use of such an ineligible player will result in forfeiture of the game.

13. For all games the visiting school shall wear light jerseys. By mutual agreement, schools may waive this regulation.

14. There shall be a junior varsity football schedule prepared by the Commissioner of the CIF-OS. The following are the rules for participation in this schedule.

- a. No senior student shall be eligible.
- b. Eligibility rules shall be the same as for varsity teams.
- c. Playing any part of an CIF-OS varsity game makes a player ineligible for the junior varsity for that season.
- d. Players competing in a junior varsity game the day previous to a varsity game shall not be permitted to play in that varsity game.
- e. All games shall be played in ten-minute quarters.

15. League championships shall be determined by league win/loss record. The league championship may be a tie between two or more teams.
16. NFSHSA rules and CIF/CIF-OS modifications shall govern all contests.

B. Football Playoff

The first place team (League Champion), the second place team, the third place team, and the fourth place team in the final league standing shall qualify for the section playoff to determine the Oakland Section Champion.

1. The team that finishes first will play the fourth place team. The team that finishes second will play the third place team. The winners of the first two games will play for the Section Championship.
2. In the event of a tie in the final league standing for a playoff position the following formula shall be applied:

Step #1 Above - compare the win/loss standings of the tied teams with the team immediately above. If a tie remains, compare win/loss standing of tied teams with the second above. If tie remains, apply Step #2.

Step #2 Within - compare the win/loss standings of the tied teams with each other. If tie remains, apply Step #3.

Step #3 Below - compare the win/loss standings of the tied teams with the teams immediately below the tie. If tie remains, compare with the next team below. If tie remains, apply Step #4.

Step #4 - Should the tie continue to exist after the three steps have been applied a coin toss will be used to determine playoff positions with the winner gaining the advantage.

3. Tie in Playoff Game - A winner shall be determined in Playoff games by the tie breaker method authorized in the National Federation Rule Book.

C. All-City Football Team

1. Coaches must be in attendance during the selection process for their school's nominees to be considered for All City status.
2. Each school has a predetermined number of players to be selected as All-City players. The number is determined by the final CIF-OS League standing for the season as follows:

a. First Team Offense and Defense (23 Players)

- | | | |
|------|--------------|---------------|
| i. | First Place | Seven Players |
| ii. | Second Place | Five Players |
| iii. | Third Place | Four Players |
| iv. | Fourth Place | Three Players |
| v. | Fifth Place | Two Players |
| vi. | Sixth Place | Two Players |

b. Second Team Offense and Defense (22 Players)

- | | | |
|------|--------------|---------------|
| i. | First Place | Seven Players |
| ii. | Second Place | Five Players |
| iii. | Third Place | Four Players |
| iv. | Fourth Place | Three Players |

- v. Fifth Place Two Players
- vi. Sixth Place One Player

3. In the event of a tie in the final standings the number of nominations allowed will be the sum of the nominees allowed for each place divided by the number of schools tied.

CIF-OS 706. GOLF

A. Rules

1. The rules of the United States Golf Association shall govern all play and the golf course rules shall be in effect.
2. There shall be a single round-robin dual meet schedule and a final CIF-OS meet.
3. CIF-OS standings shall be determined on the basis of two points for winning a match and one point for tying a match.
4. A score of 10 or more cannot win a hole.

B. Dual Match

1. A dual match team shall consist of six players. It shall be the responsibility of each coach to place his/her golfers in rank order for each match.
2. In order to facilitate prompt starting of dual matches, the first two teams to arrive shall start
3. Each dual match shall start with the toss of a coin. The winner of the toss shall have the choice of honors. All succeeding matches for these teams shall follow this choice.
4. Each match shall be 9 holes in length and shall be scored 1 point for each hole won. A team not having complete entries shall forfeit all 9 holes for each member for which there are no entries.
5. All disputes shall be referred to the professional at the course, and the decision made by the course pro shall be final. Each player shall keep his/her opponent's score card.

C. CIF-OS Golf Finals

1. The CIF-OS Finals shall consist of a team competition and an individual competition
2. The winner of the team competition in the CIF-OS Finals shall represent the Oakland Section in the Northern California Golf Championship.
3. A golfer must have participated in at least two matches to be eligible for the CIF-OS meet.
4. Each school may enter as many eligible players as they wish. The six players for the team competition shall be designated.
5. Scoring - There will be 54 holes of Championship medal play and a 36-hole handicap medal play. The Championship format may be modified by the Commissioner, CIF-OS.

D. All City

1. The top six individual golfers in the CIF-OS Finals shall be All City.

E. Qualifying Standards for CIF Northern California Golf Championships – See Appendix.

CIF-OS 707. SOCCER

- A. NFHS rules and CIF modifications shall govern all contests.
- B. The CIF-OS ejection policy applies to practice games, league games, and playoff games.

C. All-City Soccer Team

- 1. Coaches must be in attendance during the selection process for their school's nominees to be considered for All City status.
- 2. Each school will nominate players whom they feel should be considered for All-City Honors.
- 3. The number of nominations shall be limited.
- 4. Each school shall have two nominations regardless of their place in the final season of standings.
- 5. In addition to the two nominees listed above, each school shall have additional nominees in accordance with their position in the final team standings as follows:

First Place	2+5 additional = Seven Nominees
Second Place	2+4 additional = Six Nominees
Third Place	2+3 additional = Five Nominees
Fourth Place	2+2 additional = Four Nominees
Fifth Place	2+1 additional = Three Nominees
Sixth Place	2+0 additional = Two Nominees

- 6. The nominees submitted shall be for 1st and 2nd teams (22 players).
- 7. In the event of a tie in the final standings the number of nominations allowed will be the sum of the nominees allowed for each place, divided by the number of schools tied.
- 8. In the event that there are insufficient numbers of nominees to fill the positions for 1st and 2nd team, one more nomination by each school will be allowed.
- 9. The eleven players receiving the highest number of votes will be placed on the first team. The next eleven players receiving the highest number of votes will be placed on the second team.
- 10. An alternative selection process may be used.

CIF-OS 708. SOFTBALL

- A. NFSHSA rules and CIF modifications shall govern all contests.
- B. Where there is need for special ground rules it shall be the duty of the coach of the **home team** to explain these regulations to the visiting team and umpire. In the event the two coaches cannot agree on rules the umpire shall act as the final authority.
- C. There shall be no batting practice by either team.
- D. The **time schedule** for fielding practice shall be as follows:

Home Team Fielding	15 Minutes
Visiting Team Fielding	15 Minutes
Discussion of Ground Rules	5 Minutes
Game Starts	
- E. The CIF-OS Ejection Policy applies to practice, league, and playoff games.
- F. **Scrimmages** shall be permitted providing there is no expense to the league or the Oakland Unified School District.
- G. Junior varsity players may compete on the varsity team one game and on the junior varsity team for succeeding games or vice versa. Players cannot compete in varsity and junior varsity games on the same day.

H. All-City Softball

- 1. Coaches must be in attendance during the selection process for their school's nominees to be considered for All City status.
- 2. In order to compile the nominees for the All-City CIF-OS teams, schools will submit the names of the players from their schools who they believe should be considered.
- 3. The ten players receiving the highest number of votes will be placed on the first team. The next ten players receiving the highest number of votes will be placed on the second team.

A. Dual Meets

1. The CIF-OS swimming schedule will be a single round robin format. The students will be classified according to skill level as varsity boys, varsity girls, junior varsity boys, and junior varsity girls.
2. Each contestant may participate in a maximum of three events, no more than 2 of which shall be individual events.
3. Each school may enter three contestants per classification in each individual event and two relay teams.
4. In the event that four schools (the minimum number to justify a season) do not have teams, an exception may be made to conduct the season with only three teams participating.
5. Contestants may participate on the varsity team one meet and on the junior varsity team for succeeding meets or vice versa. They cannot compete on both teams on the same day.
6. All junior varsity events should take place immediately preceding the same varsity event.
7. NFSHSA rules and CIF modifications shall govern all contests.

B. Scoring for the Dual Meets shall be as Follows:

1. All dual meets shall be scored as outlined in the National Federation Rule Book separately.
2. Only the combined points scored at the varsity boys and girls levels of competition shall be counted to determine the dual meet winner.
3. In the event that a team does not have competitors in every classification in every event, boys and girls may compete together; however, separate scoring will prevail.

C. Events and order of competition for dual meets and the final CIF-OS meet shall be as follows:**1. Varsity Events**

- | | |
|---------------------------|-------------------------|
| a) 200m Medley Relay | f) 100m Freestyle |
| b) 200m Freestyle | g) 400 m Freestyle |
| c) 200m Individual Medley | h) 100m Backstroke |
| d) 50m Freestyle | i) 100m Breaststroke |
| e) 100m Butterfly | j) 400m Freestyle Relay |

2. Junior Varsity (Exceptions to the above Events)

- | | | |
|----|------------------------|---------------------|
| a) | 100m Individual Medley | c) 50m Backstroke |
| b) | 50m Butterfly | d) 50m Breaststroke |

- D. **Lanes** - For dual meets the visiting team shall have the choice of the odd or even numbered lanes for all swimming events. Fastest swimmers shall be placed in the middle lanes.
- E. Scrimmages shall be permitted providing there is no expense to the section or the Oakland Unified School District.

F. CIF-OS Meet Regulations

1. There may be a qualifying CIF-OS meet at which time varsity and junior varsity races shall be held in each of the eight swimming events. The varsity and junior varsity relays shall be held at the final meet. There shall be 3 to 4 heats in each swimming event. The five best swimmers, one from each school, shall swim in Heat One. The five second best swimmers, one from each school, shall swim in Heat Two. All swimmers shall be timed and the six competitors with the best times shall qualify for the final meet.
2. No swimmer shall swim in the final CIF-OS meet unless he/she has competed and placed in the qualifying meet. Swimmers may swim only in the events in which they have qualified. In the event that circumstances do not allow for a qualifying meet, a student's eligibility to participate in the final CIF-OS meet will be determined by the best scores earned in at least two regular meets. Swimmers who qualify, but who are unable for any reason to swim at the final meet, shall forfeit their place and points.
3. When a CIF-OS qualifying meet is scheduled, lanes will be chosen by lot after all entries are submitted to the Commissioner of the CIF-OS. For the final meet they shall be chosen in accordance with the National Federation Swimming Rule Book.
4. Scoring for the CIF-OS meet is as follows:
 1. Six places shall be picked for each individual event, and the scoring shall 7-5-4-3-2-1.
 2. Three places shall be picked for each relay, and the scoring shall be 14-10-8-6 for both relays.

G. All City

The first place swimmer(s) in each varsity event shall be All City.

CIF-OS 710. TENNIS

A. Rules

1. USTA Friend at Court rules and CIF-OS modifications shall govern all contests.
2. A round robin schedule will be played.
3. Each dual match shall consist of four singles and three doubles matches.
4. Each dual match shall play the best of three sets. If a match is tied after two sets a twelve point tie breaker shall be played.
5. No break after the first game of a set. A 90 second break is allowed at changeover. A two minute break shall be permitted at the completion of each set.
6. A player may compete in more than one match on a given day.
7. The home team shall provide the game balls for the match.
8. Coaches shall submit a list of singles and doubles teams in rank order prior to the first CIF-OS match. All singles rankings are to remain unchanged during the first round robin play. Coaches may submit a new rank order for the second round.
9. In the event of illness or injury to a player, a coach may move ranked players up and substitute at the fourth singles position or forfeit the match at the fourth position.
10. A player shall not play below his/her rank order.
11. A substitute player shall play below all ranked singles players. Two substitute players in doubles shall play only as second doubles.
12. Players shall officiate their own matches. However, a court monitor may be requested.
13. A player shall compete in at least four matches to be eligible for the CIF-OS Finals
14. The team winning the greatest number of dual matches shall be the CIF-OS and Oakland Section champion.
15. Coaching shall be permitted by USTA Friend at Court Rule on change of side during dual meet. During CIF-OS Finals coaching is permitted during split sets.

B. CIF-OS Finals - Singles Tournament

1. The top two number one ranked players in the league, based upon dual match records, shall be seeded first and second. The number of seeded players may be increased to four if the total number of players warrant.
2. All unseeded players shall be placed in the tournament by draw.
3. Singles players shall not play an opponent from the same school in the first round.
4. Each match shall play the best of three tie break sets.
5. A five minute break shall be permitted after split sets.

C. CIF-OS Finals - Doubles Tournament

1. If conditions warrant seeding doubles teams the top two doubles teams in the league, based upon dual match records, shall be seeded first and second.
2. If doubles teams are not seeded, the teams shall be placed in the tournament by draw.
3. Doubles teams shall not play opponents from the same school in the first round.

D. Commissioner, CIF-OS shall schedule the CIF-OS Finals as needed.**E. All City**

The first place winner of the singles and doubles matches in the CIF-OS Finals shall be All City.

CIF-OS 711. TRACK AND FIELD

A. General Regulations

1. For any meet a student may not enter more than four events.
2. Team Scoring - The championship shall be decided on the basis of total points scored in the dual and/or triangular meets. The winner of each meet shall score two points. For a tied meet, each team will score one point.
3. The school with the highest number of points scored in the dual or triangular meets shall be declared the league champion. In the event of a tie, co-champions should be declared.

B. Specific Regulations:

1. The order of track events shall be established by the Commissioner of the CIF-OS
2. There shall be varsity and junior varsity competition. Each school may enter three contestants in both the varsity and junior varsity events. If a team fails to have three entries the vacant lanes may be filled by the opposing team. Complimentary runners may not score points.
3. Contestants may compete on the varsity team one meet and on the junior varsity team for succeeding meets or vice versa. They cannot compete in both meets on the same day.
4. For each running event the order shall be: Women's Division junior varsity, Men's Division junior varsity; Women's Division varsity, Men's Division varsity. All field event contestants, varsity and junior varsity, shall compete at the same time.
5. Men's Division and Women's Division dual and final meets shall be scored separately. Only points made at the varsity level shall count toward block letters.
6. The Commissioner of the CIF-OS will assign a referee-starter. It shall be the duty of the home school to provide all other officials for the meets.
7. Scrimmages shall be permitted providing there is no expense to the league or the Oakland Unified School District.

C. NFSHSA rules and CIF modifications shall govern all contests.**D. CIF-OS Preliminary and Final Meets**

1. A student must have a recorded time on Athletic.net from any meet in the event in which he/she plans to qualify for AND Participate in ANY event in at least one CIF-OS meet OR the Oakland Relays in order to be eligible for the CIF-OS Preliminary or Final meet.

2. All track contestants shall compete to determine entries in the final meet at a preliminary qualifying meet each school shall be limited to three entries.

3. Scoring for the track and field events shall be as follows:

1st Place	10 Points	5th Place	4 Points
2nd Place	8 Points	6th Place	3 Points
3rd Place	6 Points	7th Place	2 Points
4th Place	5 Points	8th Place	1 Point

4. Oakland Section Champion in the Men's and Women's Division shall be the teams scoring the highest number of points in the CIF-OS Finals.

E. All City Track

The first place contestant(s) in each event of the CIF-OS Finals shall be All City.

F. Qualifying Standards for CIF State Track Meet – see Appendix.

A. Dual Meets

1. A double round robin dual meet schedule will be played. The dual meets will consist of varsity and junior varsity competition. A match will consist of a contest between two teams in which the team first team winning three sets out of five will be the winner. Rally scoring shall be utilized. All games shall be played to 25 points, and the fifth and deciding game shall be played to 15 points. Junior varsity matches shall be the best of three games using rally scoring.
2. The league championship will be determined by the win-loss record of the teams. In the case of a tie between two or more teams, team with the most games won is seeded higher.

B. NFSHSA rules and CIF modifications shall govern all contests.

C. All City Volleyball Team

1. Coaches must be in attendance during the selection process for their school's nominees to be considered for All City status.
2. In order to compile the nominees for the All-City CIF-OS teams, schools will submit names of the players from their schools who they believe should be considered.
3. The six players receiving the highest number of votes, regardless of playing position, will be placed on the first team. The next six players, according to the number of votes received and regardless of playing position, will be placed on the second team.
4. An alternative selection process may be used.

A. Dual Meets and Tournaments

1. For league dual matches there shall be varsity and junior varsity competition. Each school shall enter no more than two contestants in each weight division. In these meets, one match in each weight division shall be designated as the varsity match, and only points made in these matches.
2. Contestants may compete on the varsity team one meet and on the junior varsity team for succeeding meets or vice versa. Players cannot compete in varsity and junior varsity meets on the same day.
3. A school shall be represented by only one varsity team for dual meets and tournaments.

B. Team Scoring

1. The league championship shall be decided on the basis of points scored in the dual meets.
2. The winner of each dual meet shall score two points
3. For a tied dual meet each team will score one point.
4. The school with the highest number of points scored in the dual meets shall be the champion.
5. In the event of a tie for league championship, the tied team placing highest in the CIF-OS Finals shall be declared league champion.

C. CIF-OS Finals

1. The CIF-OS Finals will include a championship and consolation bracket as per National Federation Rules.
2. Oakland Section Champion shall be the team scoring the highest number points in the CIF-OS Final Meet.
3. Each school shall be limited to two entries per weight class in the CIF-OS Finals.

D. NFSHSA rules and CIF modifications shall govern all contests.

E. All City Wrestling

The first place wrestler in each weight class of the CIF-OS Finals shall be named All City.

F. Qualifying Standards for CIF State Wrestling Meet – See Appendix.

G. CIF Bylaws – See Bylaw 3100-3102.

H. WEIGH-INS – See CIF Bylaw 3103.

I. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM – See CIF Bylaw 3104.

ARTICLE VIII: AWARDS REGULATIONS

See CIF Bylaws for Award Regulations (Bylaws 800-805).

CIF-OS 806. MEDALS AND RIBBONS (CIF-OS)

Medals are awarded in the following sports in the following amounts:

BADMINTON - SINGLES	Medals for 1st, 2nd, and 3rd Place
BADMINTON - DOUBLES	Medals for 1st, 2nd, and 3rd Place
BASEBALL	Medals for 1st Team and 2nd Team All-City
BASKETBALL	Medals for 1st Team and 2nd Team All-City
BOWLING	Medals for 1st place, High Game, High Series, High Average, Men and Women
CROSS COUNTRY	Medals for 1st, 2nd, 3 rd place
FOOTBALL	Medals for 1st Team and 2nd Team All-City
GOLF	Medals for 1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th place
SOCCER	Medals for 1st Team and 2nd Team All-City
SOFTBALL	Medals for 1st Team and 2nd Team All-City
SWIMMING	Medals for 1st, 2nd, and 3rd Place
TENNIS - SINGLES	Medals for 1st, 2nd, and 3rd Place
TENNIS - DOUBLES	Medals for 1st, 2nd, and 3rd Place
TRACK & FIELD	Medals for 1st, 2nd, and 3rd Place
VOLLEYBALL	Medals for 1st Team and 2nd Team All-City
WRESTLING	Medals for 1st, 2nd, 3rd, and 4th Place

A. BLOCK PROCEDURE

All block letter or block letter certificate awards shall be awarded by the varsity coach of each sport with the approval of the athletic director. Coaches will consider adherence to sportsmanship toward teammates, opponents, officials, and coaches. All block letter or block letter certificates can only be earned in league contests or meets. In case of marginal block letter or block letter certificate award winners and other exceptional cases, the coach and the athletic director will confer with the principal to reach a final decision.

B. BLOCK CRITERIA PER SPORT (CIF-OS)**1. Badminton**

- i. A block letter or a block letter certificate shall be awarded to a player in badminton who earns fifteen points as follows:
 - a. Dual meets - one point for participation and one point for winning a match in each dual meet.
 - b. Final tournaments - any player who wins first or second place in the singles or doubles tournament.
 - c. Combination of dual meets and tournaments - a total of fifteen points from dual meets and final tournaments using the following scoring: 7, 5, 4, 3, 2, 1.

2. Baseball

- i. A block letter, or block letter certificate, shall be awarded in baseball/softball when an individual has participated in at least one-fourth of the number of innings of the league schedule in any one season. A pitcher shall be required to compete in one-fifth of the number of innings of the league schedule in any one season.

3. Basketball

- i. A block letter, or block letter certificate shall be awarded in basketball when an individual has participated in at least one-half of the number of quarters of the league schedule in any one season. (One play shall be counted as a complete quarter).

4. Bowling

- i. A block letter, or block letter certificate, shall be awarded in bowling to a player who earns a total of ten points as follows: Five points, one per meet, must be earned by competing in varsity dual meets, and a maximum of five points, one per game, by winning a varsity game.

5. Cross Country

- i. A block letter or block letter certificate shall be awarded to the first 21 finishers in the CIF-OS Final Cross Country Meet. In addition to the first 21 finishers, coaches may recommend runners for block letters who, in their judgment, would have placed among the first 21 finishers if they had had the opportunity to be entered in the final meet.

6. Football

- i. A block letter, or block letter certificate shall be awarded in football when an individual has participated in at least one-half of the number of quarters of the league schedule in any one season. (One play shall be counted as a complete quarter).

7. Golf

- i. Each player may accumulate 12 points for participation - one each for ten dual meets, and one each for being in the CIF-OS qualifying round and playing in the CIF-OS quarter finals.
- ii. Each player may accumulate ten winner's (one point per match) points for winning a match in a dual meet. Any player who accumulates a combination of participation and winner's points totaling 25 shall receive his/her letter award.
- iii. The top six golfers in the CIF-OS Championship Flight shall automatically receive letter awards.

8. Lacrosse

- i. A block letter, or block letter certificate shall be awarded in lacrosse when an individual has participated in at least one-fourth of the number of halves of the league schedule in any one season. (One play shall be counted as a complete half)

9. Soccer

- i. A block letter, or block letter certificate shall be awarded in soccer when an individual has participated in at least one-fourth of the number of halves of the league schedule in any one season. (One play shall be counted as a complete half).

10. Softball

- i. A block letter, or block letter certificate, shall be awarded in baseball/softball when an individual has participated in at least one-fourth of the number of innings of the league schedule in any one season. A pitcher shall be required to compete in one-fifth of the number of innings of the league schedule in any one season

11. Swimming

- i. A block letter shall be awarded each swimmer who accumulates a total of 18 points during the season.
- ii. Points toward a block letter may be made by participation. All contestants at least but not more than four points for participation for the season.
- iii. The first three swimmers per event in the varsity boy's and varsity girl's CIF-OS finals shall automatically qualify for the block letter awards.
- iv. The members of the first two relay teams in the final varsity boy's and varsity girl's CIF-OS meet shall automatically qualify for block letter awards.
- v. Points made in the CIF-OS Finals shall count toward the total of 18 points for a block letter.
- vi. Scoring for Dual and CIF-OS Finals Meet:
 - a. Points scored in dual meets are 6-4-3-2-1 for individual events, and 8-4-2-0 for relays.
 - b. Points scored in final meets are 7-5-4-3-2-1 for individual events, and 14-10-8-6 for relays.

12. Tennis

- i. Each player may accumulate ten points for participation (one each for ten dual meets) and one point for winning a match in a dual meet. Any player having at least 12 points may qualify for a letter award. The number one and number two singles players shall receive an automatic winner's point for any meet in which the player starts at that position. If only five schools are participating, the above points shall be reduced to eight participation points or a total of ten points to qualify for a letter. Each 1st, 2nd, and 3rd place winner in the CIF-OS Championship tournaments shall automatically qualify for a block letter award.

13. Track and Field

- i. A block letter, or block letter certificate, shall be awarded in track and field when an individual qualifies as follows:
 - a. League Meets: A student must make a total of 15 points. Points scored in meets shall be totaled at face value (5-3-1). Five of these points may be for participation on a basis of one point for each meet entered. Credit a) for participation shall be given to no more than three students from each school in any one event.
 - b. Final Meet:
 - 1. A student must place first, second, or third, in varsity competition.
 - 2. Scoring for the CIF-OS meet shall be 10, 8, 6, 4, 2, 1, and 10, 8, 6, 4, 2 for the relays.
 - c. Combination of Meets: Any student making a total of 20 points in all meets, dual and final CIF-OS in any one season, shall be granted a block letter award.

14. Volleyball

- i. A block letter, or block letter certificate, shall be awarded in volleyball to a varsity player who has participated in at least one half of the number of matches of the league schedule in any one season. (One play shall be counted as a complete match).

15. Wrestling

- i. A block letter, or block letter certificate, shall be awarded in wrestling to the winners of the various weight divisions set up in the interscholastic wrestling rules as follows:
 - a. Dual Meets When a wrestler earns a total of 11 points accumulated on the following point schedule, he qualifies for a block letter award.
 1. Entered as a varsity contestant - 1 point
 2. Won a varsity match - receives the number of points awarded to his team, 6 - pin; 6 - default; 4 - major decision; 3 - minor decision; 2 - draw; 2 - forfeit.
 - b. CIF-OS Meet Two wrestlers in the final match in the championship bracket and two wrestlers in the final match in the consolation bracket automatically qualify for block letters. All wrestlers shall receive one participation point. One point shall be awarded for advance, pin, forfeit, or default.

C. OTHER BLOCK PROCEDURES

1. Cheerleaders

Cheerleaders who participate for the entire semester with acceptable attendance at games and practices as set forth by the Cheerleader sponsor, may earn a block. This block is a Cheerleader block, not an athletic block.

2. Team Managers

Managers shall be given their block award upon the recommendation of the coach in charge of said activity and with the approval of the athletic director.

3. Additional Awards

The winning of a block letter for the second or third time in the same sport, or the winning of a block letter in another sport, entitles a student to add a stripe, star, or emblem, to the block sweater(or jacket) for each block earned. In addition, that student is awarded a certificate showing he/she has earned this award.

CIF-OS808. TROPHIES

Perpetual trophies are awarded to the first place school in varsity sports where a minimum of four schools complete the sport season.

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ARTICLE IX: MINIMUM NUMBER FOR TEAMS

CIF-OS 900. MINIMUM NUMBER OF ATHLETES (CIF-OS 2019)

- A. A school team shall have a required minimum number of eligible athletes in order to participate in the Oakland Athletic League.
- B. The minimum number of eligible athletes in a sport shall be established by filing an Eligibility List with the Commissioner of the CIF-OS five days prior to the first practice contest or by the due date established for each sport, whichever occurs first.
- C. In the event the required minimum number of athletes is not established by the due date, the team shall be terminated and the coaching position(s) shall be terminated. Coaching stipend(s) shall be prorated from the point the team is terminated.
- D. This policy may be waived at the discretion of the school principal and Commissioner of the CIF-OS. Once the required minimum number of eligible athletes has been established authorization to continue a sport season with less than the required minimum number of athletes must be granted by the school principal. **The school principal must notify the CIF-OS office if continuing a team with fewer number of athletes than the required minimum. (Approved Policy Committee 2019)**
- E. The following is the minimum number of athletes required to participate in the CIF-OS.

<u>SPORT</u>	<u>VARSITY</u>	<u>JV</u>
Badminton	10	N/A
Basketball	7	7
Baseball	11	11
Bowling	5 Boys & 5 Girls	N/A
Cross Country	7	7
Football	20	20
Golf	2	N/A

<u>SPORT</u>	<u>VARSITY</u>	<u>JV</u>
Lacrosse	11	11
Soccer	13	13
Softball	11	11
Swimming	9	9
Tennis	10	N/A
Track & Field	7	7
Trad. Competitive Cheer	15	15
Volleyball	8	8
Wrestling	7	7

CIF-OS 901. MINIMUM NUMBER OF TEAMS

Two (2) teams are the minimum for league play.

ARTICLE X: FINANCIAL REGULATIONS

CIF-OS 1000. REGULATIONS

- A. Admission charges to any CIF-OS games, contests, and meets, shall be recommended annually by the Commissioner of the CIF-OS and approved by the Policy Committee.
- B. Admission shall be charged for all practice, league, and playoff games/events for the following activities when approved by the Policy Committee.
 - 1. Historically, the CIF-OS BASKETBALL JAMBOREE was approved by the CIF-OS Policy Committee to be a major fundraising event to financially benefit the league. After CIF-OS expenses, net revenue will be used to support all CIF-OS Boys and Girls sports teams.
- C. All receipts derived from the sale of tickets for all contests, practice or league, shall be submitted to the Commissioner of the CIF-OS and placed in a general CIF-OS fund.
- D. Within five days following each game, the school treasurer shall submit a report and a check for the receipts of said contest.
- E. **Gate receipt revenue** from non-league and league contests, after CIF-OS expenses, is allocated to each school athletic departments' Special Needs Funds. The amount shall be recommended annually by the Commissioner of the CIF-OS and approved by the Policy Committee.
- F. The **Equipment and Supply Budget** provided by Oakland Unified School District Board of Education shall be allocated equally among each high school's General Purpose accounts.
- G. All expenditures by a school must be approved in writing by the principal and men's/women's athletic director prior to the release of funds. (See Appendix Purchasing Procedures).
- H. The Commissioner of the CIF-OS shall submit a financial report to the Policy Committee.
- H. The Commissioner of the CIF-OS is responsible for submitting a Subsidiary Fund Report monthly to the General Accounting Office. CIF-OS accounts may be audited by the Oakland Unified School District Internal Audit.

ARTICLE XII: CHEERLEADING REGULATIONS

CIF-OS 1200. GENERAL GUIDELINES (CIF-OS)

Cheerleading guidelines are established in recognition of the importance of the role of school cheering sections and school cheerleader squads toward the development of school spirit and sportsmanship and toward reaching the objectives of the CIF-OS interscholastic program, as stated in the CIF-OS Rules and Regulations Handbook.

CIF-OS 1201. MAXIMUM NUMBER IN SQUAD (CIF-OS)

Each senior high school may sponsor an official cheerleader squad consisting of a maximum of eighteen students.

CIF-OS 1202. CHEERLEADER SPONSOR (CIF-OS)

- A. The principal at each senior high school will appoint a sponsor from the school site staff to oversee The cheerleader squad and the squad's subsequent responsibilities with the senior high school cheering section.
- B. The duties of the sponsors are not limited to, but will include:
 - 1. Maintaining the highest level of sportsmanship among cheerleaders at all CIF-OS activities.
 - 2. Developing specific cheerleading policies including:
 - a. Procedures for cheerleader selections.
 - b. Procedures for uniform selection, uniform regulations, and squad appearance.
 - c. Specific rules and regulations for practice sessions and performances, including eligibility, attendance, and behavioral expectations.
 - d. Duties of team members responsibility for equipment, home game etiquette, visitor etiquette, and cheering section leadership.
 - e. Instruction in correct cheerleading techniques regarding appropriate time to cheer, appropriate cheers, positive cheers for the home team, and no negative cheers or gestures toward the opponent.
 - f. An awards system to be observed at the conclusion of each school year.
 - g. Accompanying cheerleaders to and from games on schedule transportation.
 - 3. Communicating with administrators, athletic directors, and coaches, regarding issues related to cheerleaders.
 - 4. Attending meetings of cheerleader sponsors.

CIF-OS1203. PERFORMING REGULATIONS (CIF-OS)

1. The sport seasons for cheerleader's performance at games will be the seasons of CIF-OS Football, CIF-OS Volleyball, and CIF-OS Men's and Women's Basketball.
2. Cheerleaders will perform at all league games and home non-league games.
3. Bus transportation is not provided for cheerleaders to attend away non-league games.

CIF-OS 1204. ELIGIBILITY (CIF, CIF-OS)

- A. Cheerleaders are required to maintain a 2.0 grade point average in scholarship in order to perform with the squad at any game. If a cheerleader becomes scholastically ineligible that person may practice with the squad but may not wear the cheerleader uniform or perform at games. An eligibility roster shall be submitted to the CIF-OS office. A Cheerleader must be enrolled full-time (minimum 20 units) at the school for which they are participating.
- B. Cheerleaders are required to provide, in writing, evidence of a medical examination within the last calendar year, insurance in the amount of at least \$5,000 for medical and hospitalization resulting in injury, and parents' consent to participate in the cheerleading program.
- C. Parents' consent to comply with the above, if the student is selected for the cheerleading team, will be obtained prior to cheerleader tryouts and selections.
- D. Cheerleaders will be under the direct supervision of the cheerleader sponsor, or a substitute approved by the Principal, at all times while practicing or performing.

ARTICLE XIII: GENERAL SUMMERTIME RULES/SUMMER DEAD

1614.1 SUMMER RESTRICTIONS

With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided written approval is received from the school principal.

QUESTION:

Who may participate in high school summer athletic programs approved by the principal?

ANSWER:

Only students who were registered in grades 9 through 11 in the previous school-year. Additionally, it would be a violation to allow middle school students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer participation must be confined to one school.

1614.2 SPONSORED SPORTS CAMPS AND CLINICS

High schools may sponsor sports camps/clinics and/or allow non-school sponsored sport camps to use their facilities with principal approval.

- High school students and individuals from the general community may attend.
- The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- The principal of the high school must give permission for the camp to take place; non school sponsored
- Camps must secure a facility permit for use of any high school facilities and equipment.
- The camp must comply with all CIF rules, including those pertaining to "undue influence" and "dead period."
- Non-school sponsored camps must provide required liability insurance for use of any school facilities.

1614.3 SUMMER DEAD PERIOD

- The Oakland Section Summer Period begins on June 1st
- During the summer period, no physical conditioning or practice sessions prior to the opening of authorized practice may be conducted by a high school unless specifically authorized by the school principal/designee. CIF Sections may establish sport specific rules and/or policies.
- Individual student-athletes may attend and participate in college and/or private sports camps conducted off-campus. Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle baseball, etc., would be allowed to continue, until completion, during the dead period.

1903 PHYSICAL CONDITIONING PRACTICE

A high school SHALL NOT conduct a physical conditioning practice session during the summer prior to the opening date of authorized football conditioning week, unless authorized by the CIF – Oakland Section.

1903.2.1.1.1 TEAM SUMMER CAMPS

- A. CIF-OS school teams may only attend two (2) team camps during Summer Break for a maximum of five (5) consecutive days per camp.
- B. Football Contact Team Camps are only allowed with the written approval of the participating school's CIF-OS Principal and notification to the Oakland Section Commissioner.
 1. Only returning students who were enrolled in Grades 9-11 at the school the previous Spring Semester may participate in Team Camps, with the exception of Rising 9th Graders who were selected on the school's Cheerleading Team prior to the end of the previous school year.
 2. Rising 9th graders are prohibited from participating in Team Camps, with the exception of pre-programmed rising 9th graders who were selected on the school's Cheerleading Team prior to the end of the previous school year.
 3. Safety conditioned school football equipment may be used with the CIF-OS and Athletic Director's approval. The AD and Head Football Coach are to conduct pre and post inventories of all football equipment to be used and used at Team Camps.
- C. Any CIF-OS school hosting a Team Camp must have the approval of their CIF-OS School Principal and the Oakland Section Commissioner.

1. All CIF-OS schools must be provided a written invitation to participate in the Team Camp hosted by an CIF-OS school(s), with copies to each invited school's principal, AD and the Oakland Section Commissioner.
 2. A minimum of four (4) high schools are required to participate in an CIF-OS school hosted Team Camp.
- D. Any principal approval of "team camp" participation by one of his/her school's CIF-OS teams must be forwarded to the Oakland Section Commissioner for sanction.
1. Any violation of this rule will be forwarded to the Oakland Section Commissioner for appropriate action which may include, but not be limited to, a penalty of five (5) days subtracted from the official opening of the violating sports teams' first day of practice, CIF-OS game forfeiture(s) and/or one-year suspension from the sports' CIF-OS Play-Offs.
- E. Individual Camps are not affected by this CIF-OS Rule, as long as a member school's sports equipment is not used. (CIF-OS Policy Committee approved, May 25, 2011).

APPENDIX

OAKLAND SECTION



DUTIES AND RESPONSIBILITIES OF A PRINCIPAL

- A. The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF Bylaws and CIF-OS Rules, Regulations & Procedures. Ineligible students shall not compete as representatives of the school in any CIF contest. In CIF competition, no person shall be permitted to participate as an unattached athlete or an unofficial entrant.
 - 1. In the spirit of Title IX, Principal's are to ensure equal treatment of male and female student athletes, as well as that of coaches.
 - a. Head Coaches of the same sport have equal degrees of duties and responsibilities. **(CIF-OS Policy Committee approved, May 22, 2013).**
- B. The principal of the host school shall assure that adequate plans have been made for student and spectator control at all interscholastic contests. These plans shall be communicated to the principal of the visiting school(s) at least twenty-four hours before the contest. Such plans shall include, as appropriate (CIF-OS).
 - 1. **Spectator Control**
 - a. Assignment of a member of the staff of the host school, usually an assistant principal , to take charge of spectator control;;
 - b. Faculty assignments in sufficient numbers to give reasonable assurance that adequate spectator control will be maintained. Principals of visiting schools shall provide faculty assistance for control of their students;
 - c. Cheering section supervision will require that each school be responsible for the conduct of its own cheering section at all games and the conduct is up to the standard established by the Policy Committee. Each school shall provide faculty supervision for this purpose;
 - d. Certification that arrangements have been made for a medical personnel to be in attendance at all football games;
 - e. Police Assistance - Before an athletic contest if the principal anticipates a problem, the principal shall call the Commissioner of the CIF-OS. The Commissioner of the CIF-OS will call the police department requesting adequate assistance to control spectators. This responsibility may be school. The principal shall make provisions with the Police Department for removal from the game premises of persons who are disruptive;
 - f. Seating arrangements, as required;
 - g. Dressing facilities, as required;

- h. Field and/or court preparation;
 - i. Making available supplies and equipment necessary to conduct the contest;
 - j. Faculty assignments to assist in officiating where appropriate; and
 - k. Bus loading and unloading arrangements of visiting teams with adequate supervision.
- C. The principal is responsible for ensuring that all hired head and assistant coaches to be paid by the Oakland Section/Oakland Athletic League, present the principal with a written AUTHORIZATION TO WORK from the Human Resources Department of the Oakland Unified school District prior to any contact with students.

1. Participation

- a. Only authorized team members, school officials, and game or contest officials will be permitted on the field or court. Each principal is directed to provide persons, other than game officials, with badges and/or ribbons in order that they may be readily identified. Field Passes may be required only authorized and designated team members whose names appear on lists to be exchanged by coaches prior to a football game may participate in the game or contest.
- b. If requested, copies of these lists shall be furnished to the person responsible for spectator control at the host school.

2. Joint Responsibility

- a. All school personnel and game or contest officials shall assure that standards of behavior and sportsmanship prevail in order to promote friendship and goodwill among both participants and spectators.

DUTIES AND RESPONSIBILITIES OF THE ATHLETIC DIRECTOR

The athletic director is a member of the school's faculty who acts as business manager and program supervisor of all athletic activities within the school and is directly responsible to the principal. Listed are the responsibilities of an athletic director:

- A. Administer the school athletic program in accordance with CIF-OS Rules and Regulations and the California Interscholastic Federation (CIF) Bylaws.
 - 1. Ensure that all hired head and assistant coaches to be paid by the Oakland Section/CIF-OS, present the principal with a written **AUTHORIZATION TO WORK** from the OUSD's Human Resources Department, **prior to any contact with students.**
 - 2. In the spirit of Title IX, Athletic Director's are to ensure equal treatment of male and female student-athletes, as well as that of coaches.
 - a. Head Coaches of the same sport have equal degrees of duties and responsibilities. **(CIF-OS Policy Committee approved, May 22, 2013).**
- B. Require that all coaches receive completed athletes' physicians' statements, parent's consent forms, the medical examination report from parents and doctors, evidence of insurance coverage and all completed CIF/CIF-OS eligibility-related documents (e.g. **CIF 206, 207 and 510 Forms**) **prior to issuance of any equipment or permission to practice;** and to maintain a master file of all "student-athletes' Health Statement/Insurance Verification/Parent Consent cards (one hard copy in the athletic director's office and one hard copy in the CIF-OS Office for each student)," physical examination records, waivers, and athletic injury reports. **(CIF-OS Policy Committee, 9/2009)**
- C. Administer, submit, and follow up on, requisitions for the athletic supplies' budget as prepared by the coaching staff.
- D. Inform coaches of the Oakland Section/CIF-OS **"Communication Protocol Process" regarding** all eligibility, officials, transportation, rules and regulation inquiries to go through their Athletic Director, who serves as spokesperson to the CIF-OS Office staff on behalf of coaches. Require coaches to comply with CIF-OS, CIF and OUSD directives, rules and regulations. **(CIF-OS Policy Committee, 9/2009)**
- E. Arrange for OUSD Use Permits and maintenance of all athletic facilities.
- F. Require that all equipment issued for each sport be collected, inventoried, cleaned, and stored at the end of each sport season.
- G. Require that all coaches submit an updated inventory of uniforms, supplies, and equipment at the end of each sport season.
- H. Oakland Section/CIF-OS Communication Protocol Process.
 - 1. Concerns, information, inquiries and questions regarding eligibility, officials, transportation, rules and regulations are to be directed from coaches to their

respective athletic director. Athletic Directors are spokespersons with CIF-OS Office staff on behalf of their respective coaches.

2. Coaches and student-athlete media interviews are to be conducted with the highest level of dignity, honor and good sportsmanship in mind, making certain that all comments directed toward opponents, coaches, student-athletes, school facilities, spectators and the CIF-OS are positive in nature. No comments should be directed toward officials under any circumstances. **(CIF-OS Policy Committee 9/2009).**

- I. Arrange transportation schedules and submit those schedules to the Commissioner of the CIF-OS by the date requested by the Commissioner.
- J. Submit team Eligibility Lists and all completed eligibility-related documents in a timely manner to the school administrator in order to determine eligibility of all athletes.
- K. Serve as the Athletic Department's public relations coordinator in the community; assisting the news media, assisting with sales representatives, athletic vendors and booster's organizations, and providing input regarding correspondence involving athletes.
- L. Supervise the block letter society in keeping records of team competition and team participants eligible for awards and plan appropriate athletic recognition activities each year, such as banquets, assemblies, etc.
- M. Assist the school administration in providing adequate staff supervision for all home games.
- N. Pay officials for all athletic contests not paid by the CIF-OS.
- O. Attend all league athletic directors' meetings, staff meetings, and coaches' association meetings, and share information with their respective coaching staff.
- P. Assist coaches with completion of athletic injury reports and incident reports in a timely manner.
- Q. Support the coaching staff by attending athletic contests during each season.
- R. Serve as a resource person by announcing and encouraging attendance at clinics, conferences and workshops, and provide current materials related to coaching assignments.
- S. Require athletes and coaches comply with their respective Codes of Conduct.
- T. Ensure that scholastically Ineligible athletes are prohibited on game day from: early class dismissal; traveling with the team; dressing for games in team uniforms or warm-ups; and sitting on the bench with the team. Refer to 205F, (1) – (4).
- U. A.D.'s and coaches will be penalized for allowing any unauthorized person to coach any sport.

- V. Submit copies of all non-league scheduling contracts to the CIF-OS Office by June 1st prior to season.

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DUTIES AND RESPONSIBILITIES OF A COACH

GENERAL RESPONSIBILITIES

Prior to any contact with students, hired and assistant coaches to be paid by the Oakland Section/Oakland Athletic League are to obtain a written AUTHORIZATION TO WORK from the Human Resources Department of the Oakland Unified School District and present said document to the school principal and a copy to the CIF-OS Office. Coaches shall be held responsible for all phases of a team's program included but not limited to the following:

A. Pre-Season

1. Having on file at the school completed physical examination forms for each athlete before an athlete practices or competes.
2. Having on file at the school completed insurance forms for each athlete before an athlete practices or competes.
3. Scheduling practice games, securing OUSD Use Permits, and obtaining required written game contracts.
4. Attending the CIF-OS Pre-Season Coaches' Meeting.
5. Submitting an eligibility roster to the athletic director, in order that it may be submitted to the Commissioner of the CIF-OS at least five days prior to the beginning of the CIF-OS practice season schedule.
6. Making game preparations, e.g., obtaining scorer, timer, visiting team's dressing room, scoreboard, field markings, statisticians, chain gang, team towels, game ball, etc.
7. Attending coaching and officiating workshops and clinics.
8. Maintaining a list of team members' names, addresses, and telephone numbers, physicians' statements, and parent consent cards, at practices and games.

B. Seasonal

1. Assuring ethical and sportsmanlike actions from all of the members of the coaching staff and team.
2. Maintaining a professional attitude toward all officials and conducting oneself appropriately at all times, and assuming responsibility for the attitude and conduct of the assistant coaches and players toward officials.
3. Maintaining a professional attitude and insisting upon the same attitude from the assistant coaches and players towards opposing players and coaches.
4. Taking appropriate action in the event of injuries, i.e., taking the necessary first-aid measures and securing additional medical care when warranted and notifying parents of injuries. When reporting an injury, other than one requiring minor first-aid, the report must be on the Oakland Unified School District Athletic Injury Notice Form. The head coach is responsible for making certain that injured athletes do not return to practice or play until released by his/her physician.
5. Maintaining a first-aid kit. Ice must be available at all times during events.
6. Maintaining communication with the Athletic Director.
7. Arranging for students to be released from class on game days.

8. Notifying the athletic office, local newspapers, and school newspapers of contest results and highlights.
9. Preparing the facilities and making necessary arrangements as a host school.

C. . Postseason

1. Attending post season coaches' meetings.
2. Collecting all equipment and uniforms and submitting a complete inventory of equipment, uniforms, etc., to the athletic director at the close of the season.
3. Maintaining all team records and submitting those records to the school's athletic director at the end of the season.
4. Maintaining records which lead to block letter awards and submitting the names of block letter award winners to the school's athletic director.
5. Being present and making appropriate remarks for awards ceremonies in the community.

D. General

1. In the spirit of Title IX, Head Coaches are to insure equal treatment of male and female student-athletes.
 - a. Head Coaches of the same sport have equal degrees of duties and responsibilities.

(CIF-OS Policy Committee approved, May 22, 2013)

2. Teaching students the skills, rules & attitudes necessary for successful competition.
3. Having a certified coach present at all practices and games.
4. Having a certified coach accompany athletes on all practice and game buses.
5. Knowing and abiding by Oakland Athletic League Rules, Regulations & Procedures, CIF Bylaws, as well as Oakland Unified School District Policies and Procedures.
6. Assisting the school's athletic director(s) in the planning of suitable awards ceremonies, such as awards assemblies, banquets, etc.
7. Assisting the members of their team in obtaining information regarding college entrance, academic requirements, financial aid, etc.
8. Attending all coaches' meetings at the school and league level.

E. Player Control

1. Each team coach shall assure that all team members observe at all times the highest standards of behavior and sportsmanship. Coaches will remain with their teams at all times during dressing, transportation and playing periods for all contests.
2. Should there be a violation or violation(s) of generally accepted principles of behavior or sportsmanship during a game, team coaches of all participating teams shall remove the violator(s) from the contest and report (within 24-hours) such violations in writing to the principal of the school or schools concerned, with a copy to the Section/CIF-OS Commissioner's Office.
3. Coaches shall at all times exemplify those standards of conduct and sportsmanship which are expected of participants in athletic contests. Decisions

of officials shall be respected. Requests for clarification or interpretation of rules may be made by head team coaches at appropriate times. Any protest by a coach about officiating shall be made in writing to the Commissioner of the Oakland Athletic League via the principal of the protesting school. The principal may add appropriate endorsements and recommendations to the protest.

4. Coaches shall ensure that SCHOLASTICALLY INELIGIBLE athletes are prohibited on game day from: early class dismissal; traveling with the team; dressing for games in team uniforms or warm-ups and sitting on the team bench or sideline. Refer to 205F, (1) – (4).

F. Codes of Conduct

1. Each coach shall sign and comply with the CIF Code of Conduct for Interscholastic Coaches.
2. Each coach shall require all team members to sign and comply with the CIF Code of Conduct for Interscholastic Student – Athletes.

G. Practice

1. Practice involving coaching and instruction of a sport, is only allowed to begin the first opening practice date in the "season of sport," as designated in the official Sports Calendar each school-year, through the final day of the respective season.
2. Practice periods shall not exceed two hours in length per day. Academic enhancement through after school "team study hall" or "team tutoring" activities does not count against the maximum two hours per day of practice.
3. No practice is allowed on Sundays (CIF310. Sunday Restrictions), as well as on national and state holidays in which "All OUSD schools/offices are (deemed) closed," as designated by the Oakland Board of Education.

H. Oakland Section/CIF-OS Communication Protocol Process

1. Concerns, information, inquiries regarding eligibility, officials, transportation, rules and regulations are to be directed from coaches to their respective athletic director. AD's serve as spokesperson with CIF-OS Office staff on behalf of their respective coaches.
2. Media interviews by coaches and student-athletes are to be conducted with the highest level of dignity, honor, respect and good citizenship/sportsmanship, making certain no negative comments are used or directed toward officials, opponents, school facilities & the CIF-OS.
3. Must submit all non-league scheduling contracts to Athletic Director prior to June 1st of preceding school year

OAKLAND UNIFIED SCHOOL DISTRICT
Division of Instructional Services
Office of Commissioner of Oakland Athletic League

TO: CIF-OS COACHES

FROM: Franky Navarro, and Human Resources Services and Support

HIRING CHECKLIST

Please refer to items listed below in order for coaches to be hired officially by OUSD and receive a Coaching stipend.

FINGERPRINTING IS A STATE LAW

To be fingerprinted, one would have to schedule an appointment with an HRSS representative. If you are not a current employee with OUSD, you will need to be re-fingerprinted every school year.

New Coaches: External Applicants

- Coaching Application completed and submitted to HRSS
- CPR card – current
- FIRST AID card – current
- TB test clearance within 60 days of hire
- CIF Coaching Education Certification (offered through [NFHSLearn.com](https://www.nfhslearn.com))
- A sports specific concussion course (free course offered through [NFHSLearn.com](https://www.nfhslearn.com))
- Sudden Cardiac Arrest (SCA) Training (free course offered through [NFHSLearn.com](https://www.nfhslearn.com))
- EAF (Employee Action Form) submitted to HRSS by school principal with approval from Commissioner of Oakland Athletic League
- Fingerprinting completed and cleared on file by HRSS only
- DL, Social Security Card for fingerprinting and I-9 Form
- On-Boarding Process
- Authorization to Work form from HRSS with embossed seal

Returning Coaches

(If the coach is coaching more than 1 season within the school year)

- Coaching Application completed and submitted to HR
- CPR card – current
- FIRST AID card – current
- TB test clearance previously completed and cleared on file
- CIF Coaching Education Certification (offered through [NFHSLearn.com](https://www.nfhslearn.com))
- A sports specific concussion course (free course offered through [NFHSLearn.com](https://www.nfhslearn.com))
- Sudden Cardiac Arrest (SCA) Training (free course offered through [NFHSLearn.com](https://www.nfhslearn.com))
- EAF (Employee Action Form) submitted to HR by school principal with approval from Commissioner of Oakland Athletic League
- Fingerprinting
- DL, Social Security Card for fingerprinting and I-9 Form
- On-Boarding Process
- Authorization to Work form from HRSS with embossed seal

CIF-OAKLAND SECTION COACHES' CODE OF ETHICS

Oakland Athletic League Coaches' Code of Ethics

- A. I shall follow all rules of the game, never allow the value of winning to be placed above the character building ideals of respecting others and accept the fortunes of both winning and losing in a gracious, professional manner.
- B. I shall demonstrate a high standard of personal conduct and self-restraint, being above reproach in such areas as the use of profanity or vulgar mannerisms and the consumption and/or possession of unacceptable substances while in performance of coaching duties, public service or at the site of an interscholastic activity.
- C. I shall make every effort to develop professional and congenial relations with my peers, demonstrating respect for my team members, as well as for opponents, coaches, officials, parents/guardians and community members.
 - 1. I shall not discourage student-athletes from participating on other on-campus sport teams. I understand that violation of this rule constitutes unethical conduct and may result in disciplinary action by the school principal, up-to-and including immediate termination of any coaching assignment **(per CIF-OS Policy Committee Approval.)**
- D. I shall abide by all rules of the State CIF and that of the CIF-Oakland Section in following the proper communication protocol/" chain of command," (first through my AD; then my Principal) in seeking any clarification, change, inquiry, protest or redress.
- E. I shall not utilize the media or a public forum for expressing criticism and placing protest of athletic performances and events or that of contest officials.
- F. As a coach, I shall never withdraw my team from the court or field of play before the official end of a contest nor contribute to an unnecessary delay during the course of a contest regardless of the quality of the contest site, quality of officiating or any other condition(s) that may dissatisfy me. (Note: Should a coach withdraw his/her team or contribute to a purposeful delay of a contest)
- G. I shall refrain from actions that might incite displeasure from officials, student athletes, parents/guardians and spectators.
- H. I shall accept responsibility for the conduct of those under my charge and shall require the highest standard of behavior from them.
- I. I shall conscientiously seek programs designed to improve academic achievement, physical, mental and nutritional health and not permit the pressure of winning, or other outside pressures, to influence me in preparing young men and women for their future as productive citizens, rather than as athletes.
- J. **In accordance with CIF 510.A-F**, I shall not personally or through others, be part of a process to recruit, induce or use "undue influence" to secure a student athletically.

I understand that any violations of the aforementioned items A-J listed under the CIF-Oakland Section Coaches' code of Ethics will result in a complete investigation leading to possible disciplinary action, up to and including termination of coaching duties.

Coach's Printed Name & School _____

Coach's Signature & Date _____

Pursuing Victory With Honor_{sm}

Code of Conduct for Student-Athletes CIF Member School:

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character_{sm}"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

- **Trustworthiness:** Be worthy of trust in all I do.
- **Integrity:** Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- **Honesty:** Live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability:** Fulfill commitments; do what I say I will do; be on time to practices and games.
- **Loyalty:** Be loyal to my school and team; put the team above personal glory.

RESPECT

- **Respect:** Treat all people with respect all the time and require the same of other student athletes.
- **Class:** Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
- **Disrespectful Conduct:** Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or
- **Respect Officials:** Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- **Importance of Education:** Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- **Role-Modeling:** Remember, participation in sports is a privilege, not a right; and I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation
- **Self-Control:** Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle:** Safeguards your health; don't use any illegal or unhealthy substances including alcohol, tobacco, drugs and performance-enhancing supplements or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game:** Protect the integrity of the game; don't gamble. Play the game according to the rules.
- **Be Fair:** Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

- **Concern for Others:** Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- **Teammates:** Help promote the well-being of teammates by positive counseling and encouragement or by
- **Play by the Rules:** Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- **Spirit of Rules:** Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

Student-Athlete Signature

Date

Pursuing Victory With Honorsm

Code of Conduct for Parents/Guardians CIF Member School:

Athletic competition of interscholastic age children should be fun and also a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship (the "Six Pillars of Character"). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

THE SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

- **Trustworthiness:** Be worthy of trust in all I do.
- **Integrity:** Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- **Honesty:** Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.
- **Reliability:** Fulfill commitments; do what I say I will do.
- **Loyalty:** Be loyal to the school and team; Put the interests of the team above your child's personal glory.

RESPECT

- **Respect:** Treat all people with respect at all times and require the same of your student athletes.
- **Class:** Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- **Disrespectful:** Conduct Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful actions that demean individuals or the sport.

- **Respect for Officials:** Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- **Importance of Education:** Support the concept of "being a student first." Commit your child to earning an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for collegiate coaches in the recruiting process.
- **Role Modeling:** Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-Control:** Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- **Healthy Lifestyle:** Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game:** Protect the integrity of the game. Don't gamble or associate with gamblers.
- **Sexual Conduct:** Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

- **Fairness and Openness:** Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

- **Caring Environment:** Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- **Spirit of the Rules:** Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

Parent/Guardian Signature

Date

Pursuing Victory With Honorsm

CIF Expectations for Coaches

CIF Member School:

1. Sign and follow the district's or CIF's coaches' code of conduct.
2. Use "teachable moments" on a daily basis to emphasize the importance and essential elements of the six core principles of Pursuing Victory with Honor: trustworthiness, respect, responsibility, fairness, caring and good citizenship.
3. Promote sportsmanship and foster good character by Teaching, Enforcing, Advocating and Modeling the six principles above.
4. Ensure that their program enhances the academic, emotional, social, physical and ethical development of the student-athletes.
5. Demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules from their student-athletes by teaching the history and traditions of the sport.
6. Communicate to their student-athletes and parents that athletic participation is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and conduct themselves, on and off the field, as role models who exemplify good character.
7. Enforce, with student-athletes, the district-approved codes of conduct for student-athletes.
8. Emphasize in all communications directed to student-athletes and parents the importance of character, ethics and sportsmanship. Coaches should hold a student and parent pre-season meeting to communicate their educational philosophy regarding athletics, academics, character, ethics and sportsmanship. At this meeting the coach should clearly define the expectation that coaches have for student and parent behavior and the repercussion of not meeting those expectations.
9. Emphasize to the student-athlete and their parents that the first priority of the student-athletes is a serious commitment to getting the best education possible and developing the academic skills and character to succeed. Success in the classroom should be the first priority of any student-athlete.
10. Ensure that pressure to win is not placed above education, character development, academic, social, emotional, physical and ethical well-being of the student-athlete.
11. Whether paid or voluntary, gain the skills to be a competent coach. These minimum competencies must include basic knowledge of 1) the character-building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) the physical capacities and limitations of the age group coached, as well as first aid; and 3) coaching principles related to educational philosophy, adolescent psychology, nutrition, risk management, and the rules and strategies of the sport.
12. Model respectful behavior and demand that their athletes refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane and belligerent trash-talking, taunting and inappropriate celebrations.
13. Safeguard the integrity of their programs by continually monitoring to ensure that no undue interference or influence of commercial interest or inappropriate exploitation of the school name or reputation. This should include avoiding undue financial dependency on particular companies or sponsors.
14. Always remember that the profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches shall through words and example, strive to build character of their student-athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.
15. Urge and play a leadership role in planning and implementing pre-season meetings with parents, players, your athletic director, and if possible, the principal wherein the values and expectations of the district and the school principal are spelled out as they relate to athletics, its' place in education, the character building potential of athletics and the conduct and behavior of all involved in athletics.

Pursuing Victory With Honor_{sm}

CIF Code of Conduct for Coaches

CIF Member School:

We, in the California Interscholastic Federation, believe that high school athletic competition should be fun, but that it must also be a significant part of a sound educational program. We believe that those who coach student athletes to have important life skills and the development of good character.

We believe that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character_{sm}"). We believe, further, that the highest potential of sports is achieved when teacher coaches to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well being of our student-athletes. This Code of Conduct applies to all full-time and part-time coaches involved in interscholastic sports.

I understand that in my position as a coach, I must act in accord with the following code:

TRUSTWORTHINESS.

- **Trustworthiness:** Be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.
- **Integrity:** Model high ideals of ethics and sportsmanship and always pursue victory with honor; teach, advocate and model the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.
- **Honesty:** Don't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.
- **Reliability:** Fulfill commitments; I will do what I say I will do; be on time.
- **Loyalty:** Be loyal to my school and team; put the team above personal glory.
- **Primacy of Educational Goals:** Be faithful to the educational and character-development missions of the school and assure that these objectives are not compromised to achieve sports performance goals; always place the academic, emotional, physical and moral well being of athletes above desires and pressures to win.
- **Counseling:** Be candid with student-athletes and their parents about the likelihood of getting an athletic college scholarship preventing recruitment of student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- **College Recruiters:** Be honest and candid with college recruiters about the character and academic abilities and interest of student-athletes.

RESPECT

- **Respect:** Treat all people with respect all the time and require the same of student-athletes
- **Class:** Be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage student-athletes to give fallen opponents a hand, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- **Taunting:** Don't engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials:** Treat contest officials with respect; don't complain about or argue with official calls decisions during or after an athletic event.
- **Respect Parents:** Treat the parents of student-athletes with respect; be clear about your expectations, goals and policies and maintain open lines of communication.
- **Profanity:** Don't engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or any other situation where the behavior could reflect badly on the school or the sports program.
- **Positive Coaching:** Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological
- **Effort and Teamwork:** Encourage student-athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest, than upon effort, improvement, teamwork, and winning with character.
- **Professional Relationships:** Maintain appropriate, professional relationships with student athletes and respect proper teacher-student boundaries. Sexual or romantic contact with students is strictly forbidden as is verbal or physical conduct of a sexual nature directed to or in view of student-athletes.

RESPONSIBILITY

- **Life Skills:** Always strive to enhance the physical, mental, social and moral development of student athletes socially responsible.
- **Advocate Education:** Advocate the importance of education beyond basic athletic eligibility standards and work with faculty and parents to help student-athletes set and achieve the highest academic goals possible for them.
- **Advocate Honor:** Prominently discuss the importance of character, ethics and sportsmanship in materials about the athletic program and vigorously advocate the concept of pursuing victory with honor in all
- **Good Character:** Foster the development of good character by teaching, enforcing, advocating and modeling (T.E.A.M.) high standards of ethics and sportsmanship and the six pillars of character.
- **Role-Modeling:** Be a worthy role-model, always be mindful of the high visibility and great influence you
- **Personal Conduct:** Refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in impact as a role model.
- **Competence:** Strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques, and first-aid and safety.

- **Knowledge of Rules:** Maintain a thorough knowledge of current game and competition rules and assure that my student-athletes know and understand the rules.
- **Positive Environment:** Strive to provide challenging, safe, enjoyable, and successful experiences for the athletes by maintaining a sports environment that is physically and emotionally safe.
- **Safety and Health:** Be informed about basic first aid principles and the physical capacities limitations of the age-group coached.
- **Unhealthy Substances:** Educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco and recreational or performance enhancing drugs.
- **Eating Disorders:** Counsel students about the dangers of and be vigilant for signs of eating disorders or unhealthy techniques to gain, lose or maintain weight.
- **Physician's Advice:** Seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
- **Privilege to Compete:** Assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right and that they are expected to represent their school, team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models.
- **Self-Control:** Control my ego and emotions; avoid displays of anger and frustration; don't retaliate.
- **Integrity of the Game:** Protect the integrity of the game; don't gamble. Play the game according to the rules.
- **Enforcing Rule:** Enforce this Code of Conduct consistently in all sports-related activities and venues even when the consequences are high.
- **Protect Athletes:** Put the well being of student-athletes above other considerations and take appropriate steps to protect them from inappropriate conduct.
- **Access:** Help to make sports accessible to all diverse communities.
- **Improper Commercialism:** Be sensitive to and avoid unwholesome commercialism including inappropriate exploitation of my name or the name of the school and undue financial dependence on corporate entities. Make sure any affiliation or association with a corporate entity is approved by school and district officials.

FAIRNESS

- **Fair and Open:** Be fair in competitive situations, selecting a team, disciplinary issues and all other matters; and be open-minded and willing to listen and learn.

CARING

- **Safe Competition:** Put safety and health considerations above the desire to win; never permit student athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.
- **Caring Environment:** Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- **Honor the Spirit of Rules:** Observe and require student-athletes to observe the spirit and the letter of all rules including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.
- **Improper Gamesmanship:** Promote sportsmanship over gamesmanship; don't cheat. Resist temptations to gain competitive advantage through strategies or techniques (such as devious rule violations, alteration of equipment or the field of play or tactics designed primarily to induce injury or fear of competition by practices that negate or diminish the impact of the core athletic skills that define the sport.

I have read and understand the requirements of this Code of Conduct. I will act in accord with this code. I understand that school (and district) officials as well as league and section officials will and should expect that I will follow this code.

Teacher-Coach Signature

Date

PROCEDURES FOR PREPARATION/SUBMISSION OF CIF-OS STUDENTS' ELIGIBILITY DOCUMENTS

This serves as a procedural guideline for Oakland Athletic League Head Coaches, Athletic Directors and Principals to properly prepare all eligibility-related CIF/CIF-OS documents for submission to the CIF-OS Office, in accordance with CIF-OS Rules and Regulations, and for retention of said student-athletes' data at school sites.

In accordance with CIF301 B, an Initial Eligibility List with all eligibility-related documents must be submitted to the CIF-OS Office no later than 15-business prior to the first game played of each Fall, Winter and Spring Sport. School team's who fail to comply, will not be allowed to submit an initial Eligibility List later than the 15-business day deadline and therefore will not be allowed to compete for the season.

(CIF-OS Policy Committee approved, May 22, 2013).

- A. **AD's** are responsible for ensuring that all coaches receive for each student-athlete, a Pre-Participation Physical Exam Form, with two attached hard-copies of the Health Statement/Insurance Verification Coverage/Parent Consent cards, as well as an ample supply of Student Accident Insurance Forms for students whose families do not have medical insurance and must pay for coverage to participate in the CIF-OS. Additionally, AD's are to provide Head Coaches with access to required CIF-OS/CIF eligibility documents for students (e.g. CIF Code of Conduct for Interscholastic Student-Athletes Forms, CIF 206, 207 & 510 Forms for transfers and/or Hardship Appeal Forms for those seeking waiver of CIF Bylaws due to hardship conditions unrelated to athletics).
 - 1. **AD's and Coaches are prohibited from issuing any equipment to a student or granting permission to try-out, practice or compete prior to the return of a students' properly completed Pre Participation Physical Exam Form and both hard-copy Health Statement cards, with evidence of medical insurance coverage on July 1st or later.**
 - 2. Transfer students and those applying for a Hardship Appeal who submitted all eligibility documents noted in A.1. may practice but not compete until their respective paperwork is cleared through the CIF-OS.
- B. **Head Coach** is responsible for providing each student interested in competing on their respective team with all CIF/CIF-OS eligibility-related documents as previously noted. This procedure should begin well in advance of a team's first official practice date through well publicized "team interest meetings," which will allow parents/guardians adequate time to obtain the necessary appointment date for their child's physical exam.
- C. **Head Coaches** are responsible for collecting from students all completed eligibility-related forms (as previously noted in A.1.), making certain all required information and signatures have been provided on each one. Also, make note of each student's "previous school" of attendance last school-year, as well as which school each presently attends. Some may now attend schools who have completed a multi-school agreement. Check their home address.

1. Detach both completed Health Statement hard-copies of each student and formulate two sets of the cards **in alphabetical order by students' last name, first name**. Do the same with students' Physical Exam Forms.
 2. Using students' information on the Health Statement cards, Physical Examination Form and your notes, **complete the CIF-OS Eligibility List electronically & in alphabetical order by students' last name, first name** using one set of the Health Statement cards you were previously to have alphabetized. **Non-alphabetized, hand-written and/or printed Eligibility List will not be accepted by the CIF-OS.**
 3. Under "**Coaches Signature**" on the CIF-OS Eligibility List, sign your name and attach one set of the alphabetized Health Statement cards to the signed Eligibility List. **MAKE A COPY OF THESE ELIGIBILITY DOCUMENTS AND RETAIN THEM FOR YOURSELF.**
 4. Attach the second alphabetized hard-copy set of cards to the alphabetized Physical Exam Forms.
 5. Both of the aforementioned attached sets are to be submitted to your AD in a timely manner so that he/she may have time to double-check all submitted information for accuracy, as well as verification of each student's age, residential and scholastic eligibility.
- D. **AD's** are to carefully check all eligibility-related documents submitted by a Head Coach; then all other CIF/CIF-OS eligibility requirements, as noted above, to determine each students' retention on the Eligibility List. If any required information is incomplete or missing, return it to the Head Coach for completion before going forth for your principal's signature.
1. Sign the CIF-OS Eligibility List under "**Athletic Director's Signature**" and take the accurately completed list and one hard-copy set of the Health Statement Cards in alphabetical order to your Principal or Principal's designee.
- E. **Principal or Principal's designee** is to carefully check all eligibility-related documents being submitted on behalf of a Head Coach by the AD to insure all listed student-athletes are eligible in accordance with CIF/CIF-OS Rules and Regulations. Once all student eligibility is verified, a signature of the appropriate administrator is required on the CIF-OS Eligibility List under "**Principal's Signature.**"

- F. **AD** is to make at least four (4) copies of the fully signed CIF-OS Eligibility List: one copy for the Principal, one for the Head Coach, one for the CIF-OS and retain one for his/her records at the school.
1. Retain at the school site, one set of each team's Health Statement (hard-copy) cards in an alphabetized master file, along with separate files containing copies of each team's: CIF-OS Eligibility Lists; Health Statement cards; Physical Examination Forms; signed CIF Code of Conduct (forms) for Coaches and for Interscholastic Student-Athletes; Athletic Injury Reports; Incident Reports; E-mails; Hardship Appeal Forms; completed CIF 206, 207 & 510 Forms; & Scholastic Probationary Period Contracts.
- G. **Head Coaches** are responsible for having in their possession, a completed copy set of each eligible and ineligible student-athletes' Health Statement card in their fully stocked team medicine kit at every conditioning workout, scrimmage, practice and competition. **This is a necessary precaution in the event of injury or an incident to a student when time is of the essence to immediately notify medical personnel and the parent/guardian.**
1. Additions during the same Grading Period to a team's initial Eligibility List previously submitted to the CIF-OS Office are to be listed at the bottom of the list, noting the date added. The supporting eligibility documents (e.g. AERIES-printed Report Cards & Transcripts, Health Statement Cards and CIF 206, 207 & 510 Forms) are to be noted next to each added students' name. The AD is to attach each student's required supporting eligibility data to the new E. L. when emailing to the CIF-OS Office. COPIES OF ALL SUBMITTED DATA ARE TO BE RETAINED BY THE AD, HEAD COACH AND PRINCIPAL.
 - a. In accordance with CIF-OS Rules & Regulations, **additions to a team's Eligibility List based on academic grade changes and received in the CIF-OS Office later than 10-school days following the end of a Grading Period will not be allowed.**
 - b. **In accordance with CIF301. C, Eligibility List additions with all completed eligibility related documents must be emailed to the CIF-OS Office by 4:00pm, two business days (Monday-Friday, excluding Board of Education designated holidays), before students are allowed to practice, scrimmage or compete in a sport (CIF-OS Policy Committee approved, May 22, 2013).**

H. **Revised Eligibility Lists based on new Grading Period and/or Semester grades**

- AD is to verify the academic eligibility of each previously listed student-athlete on a team's initially submitted Eligibility List. Additions to initial submitted Eligibility Lists are to be listed at the bottom (in alphabetical order by last name), noting the date added. **AD's are to strike through those previously listed who are now academically ineligible.** On the Eligibility List under date, write "Revised" and the date this list is being scanned and emailed to the CIF-OS Office.

1. Take the Revised Eligibility List to the team's Head Coach; then to your Principal for their respective approval. COPIES OF ALL SUBMITTED DATA ARE TO BE RETAINED BY THE AD, HEAD COACH and PRINCIPAL.
2. All multiple copy or newly typed Eligibility Lists are to be signed by the Head Coach, AD and Principal before submission to the CIF-OS Office.
3. Only official CIF-OS Eligibility Lists, with all three required signatures, will be accepted.
4. Two teams (e.g. Varsity & JV Basketball Teams or M & W- Cross Country) on one Eligibility List will not be accepted in the CIF-OS Office.

(CIF-OS Policy Committee approved, May 20, 2009)

SCHOLASTIC ELIGIBILITY EXAMPLE

In order to be scholastically eligible to compete in CIF-OS contests (practice and league), all students must have a 2.0 grade point average in scholarship, and: if taking seven subjects, pass six; if taking six subjects, pass five; if taking five or fewer subjects, pass all of them as determined by the previous grading period. All other CIF eligibility rules shall apply.

Scholastic Eligibility shall be verified on the eligibility date established on the second Monday following the end of a grading period. Semester grades take precedence over third marking period grades.

The following are provided as samples for computing grade point averages and are not all inclusive of every possible scenario:

EIGHT CLASSES		
F=0	F=0	F=0
B=3	B=3	C=2
C=2	A=4	C=2
C=2	C=2	C=2
C=2	A=4	C=2
C=2	A=4	C=2
C=2	F=0	C=2
C=2	B=3	C=2
$15 \div 8 = 1.875$	$20 \div 8 = 2.5$	$14 \div 8 = 1.75$
INELIGIBLE 1.875	INELIGIBLE (2 F's)	INELIGIBLE (2 F's)

SEVEN CLASSES		
F=0	F=0	F=0
B=3	B=3	C=2
B=3	A=4	C=2
B=3	C=2	C=2
C=2	A=4	C=2
C=2	A=4	C=2
C=2	F=0	C=2
$15 \div 7 = 2.14$	$17 \div 7 = 2.42$	$12 \div 7 = 2.42$
ELIGIBLE	INELIGIBLE (2 F's)	INELIGIBLE

SIX CLASSES		
C=2	C=2	A=4
C=2	C=2	I=0
D=1	C=2	I=0
D=1	B=3	A=4
B=3	D=1	A=4
B=3	D=1	B=3
$12 \div 6 = 2.00$	$11 \div 6 = 1.83$	$15 \div 6 = 2.5$
ELIGIBLE	INELIGIBLE (2 F's)	INELIGIBLE (not passing 5 classes)

At the Oakland Section, our mission goes beyond the game. We are dedicated to delivering high-quality coaching, training, and competitive play, all while instilling the values of sportsmanship, integrity, commitment, and mutual respect. Our ultimate goal is to develop the next generation of student-athletes who not only excel on the court, field, pool, course & track but carry themselves with pride and purpose as leaders in their schools and communities.

Our Section is dedicated to offering top-tier coaching, skill development, and competitive play, while fostering the values of sportsmanship, honesty, dedication, self-respect, and respect for others. At the Oakland Section, our goal is to shape future generations of athletes who compete with heart, lead with character, and uplift their teams, schools, and communities.

CROSS COUNTRY

The purpose of the sport of cross country in the Oakland Section is to promote endurance, mental toughness, and self-discipline among student-athletes through long-distance running. Cross country offers students a chance to challenge themselves individually while also contributing to team success, fostering both personal growth and a sense of camaraderie. The sport encourages healthy lifestyle habits, goal setting, and perseverance, all within a supportive and inclusive environment. Through participation in cross country, students not only build physical fitness and resilience but also develop a strong connection to nature and their local community as they compete across varied outdoor courses throughout Oakland.

TEAMS COMPETING: Castlemont, Coliseum College Preparatory, Fremont, Life, Madison Park, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Tuesday, August 12, 2025

1st Allowable Contest - Monday, August 18, 2025

Pre-Season Meeting - Monday, September 8, 2025

1st OAL Contest - Wednesday, September 10, 2025

Sit Out Period - Saturday, September 27, 2025

Post Season Meeting - Monday, November 10, 2025

League Championship - Saturday, November 15, 2025

Section Championship - Saturday November 22, 2025

CIF State Championship - Saturday, November 29, 2025

CIF STATE CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 29, 2025

Woodward Park, Fresno

CIF STATE CROSS COUNTRY REGULATIONS

A. STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state cross country championships. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five (5) divisions based on the following guidelines:

Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600

(Revised May 2008 Federated Council/ Revised May 2014 Federated Council)

B. ENROLLMENT CALCULATIONS BY SECTION

The enrollment figures to be used for schools are those certified by the school principal in October of the previous year. If a school incurs a gain/loss of enrollment of a minimum of 15 percent in the current year, the current year enrollment figures shall be used in place of the prior year.

Three & Four-Year Schools - The enrollment for 9th, 10th, 11th and 12th grades shall be used to gain a total enrollment figure for the school.

Single Gender School - The enrollment for single gender schools shall be doubled using the 9th, 10th, 11th, and 12th grades to gain a total figure for the single gender school.

Multi-School Agreements- Schools with multi-school agreements must use the combined enrollments of all schools within the agreement.

Note: Schools will be required to participate in the division that has been established by their respective CIF Section using the previous year's enrollment. Exception: In CIF Sections with fewer than 30 schools, the CIF Section may follow the specified procedures in this provision, or the Section may allow all their schools to compete in Division I.

C. INDIVIDUAL ENTRIES TO THE STATE MEET

A maximum of five (5) individuals (not on an automatic team entry), per the criteria in each division, will qualify from Section to State Meet finals as follows:	# of Section teams that automatically qualify Sections' Five Individual Qualifiers to the State Meet Must Finish in the Top
1	8
2	12
3	14
4	16
5	18
6	20

(Revised February 2005 Federated Council)

D. TEAM ENTRIES TO THE STATE MEET

Boys 2025

Central	3	3	2	3	3
Central Coast	3	2	3	3	4
Los Angeles	3	1	1	1	1
North Coast	2	4	4	4	4
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	4	3	2	2
San Diego	3	3	3	2	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	6
Total	24	24	24	24	24

Girls 2025

Central	3	2	2	2	2
Central Coast	3	4	2	3	4
Los Angeles	2	1	1	1	1
North Coast	3	3	4	3	5
Northern	0	0	1	2	1
Oakland	*	*	*	*	*
Sac-Joaquin	3	4	3	3	2
San Diego	3	3	4	3	3
San Francisco	*	*	*	*	*
Southern	7	7	7	7	6
Total	24	24	24	24	24

*Oakland and San Francisco each earn 1 team entry per gender. The team division will be determined based upon their respective Section divisional placement.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams/Individuals must compete, and qualify through, their respective CIF Section Championships to participate in CIF State/Regional Championships.

2025 Cross Country Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Pre-Season Meeting - September 8, 2025
Post-Season Meeting - November 10, 2025

Member	Member Role	Email Address
William Chavarin	Oakland Section Staff Representative	william.chavarin@ousd.org
Rebecca Huang	Skyline Principal	rebecca.huang@ousd.org
Phylesha Nelson	Castlemont AD	phylisha.nelson@ousd.org
Jesus Moran	BACSAC Representative	moran@bacsac.org
Seán Phan-Kohles	Skyline Coach	sean.phankohles@ousd.org
Tai Tokeshi	Oakland HS Coach	Tai.tokeshi@ousd.org

FOOTBALL

The purpose of the sport of football in the Oakland Section is to provide student-athletes with a structured and competitive environment where they can develop physical strength, leadership, and teamwork skills. Football teaches discipline, strategy, and resilience, helping students grow both on and off the field. The sport fosters school pride and unity, bringing together diverse communities to support youth achievement and engagement. Through practices and games, student-athletes build character, learn the value of hard work, and gain opportunities for personal and academic advancement, all while representing their schools with integrity and dedication.

TEAMS COMPETING: Castlemont, Fremont, McClymonds, Oakland HS, Oakland Tech, Skyline

1st Day of Practice - Monday, July 28, 2025

Pre-Season Meeting - Tuesday, August 5, 2025

1st Allowable Contest - Friday, August 22, 2025

Sit Out Period - Tuesday, September 30, 2025

1st OAL Contest - Friday, October 10, 2025

Post Season Meeting - Monday, November 10, 2025

Section Playoffs - Friday, November 14, 2025

Section Championship - Saturday, November 22, 2025

CIF NorCal - Friday & Saturday, December 5 & 6, 2025

CIF State Championship - Friday & Saturday, December 12 & 13, 2025

CIF STATE and REGIONAL FOOTBALL CHAMPIONSHIP BOWL GAMES

Friday-Saturday, December 5-6, 2025 Regional Sites T.B.D.

Friday-Saturday, December 12-13, 2025 State Sites T.B.D.

CIF STATE FOOTBALL REGULATIONS

A. Procedure for Team Selection for Regional Games and Qualification for State Football Championship

The Section Commissioners will meet on Sunday, November 30, 2025, to determine the pairings for the CIF Regional Football Championship Bowl Games.

(1) DIVISIONAL CLASSIFICATIONS

- a. The committee will select the top team from the north and the top team from the south, regardless of enrollment. These two teams will advance directly to the CIF State Championship Open Division Bowl Game.
- b. Two (2) teams from the North and two (2) teams from the South will be paired in Divisions 1-AA, 1-A, 2-AA, 2-A, 3-AA, 3-A, 4-AA, 4-A, 5-AA, 5-A, 6-AA, 6-A, 7-AA, 7-A. Winners from these NorCal and SoCal Regional games will advance to the CIF State Football Championship representing the above divisions for the title of CIF State Champion. In Division 7-A, depending on the slotting of teams from the Central and Southern Sections and any teams electing to not participate, one or both regions may have a bye directly into the State Championship.

(2) PLACEMENT INTO DIVISIONS

- a. Only Section champions will be eligible.
- b. All teams in the CIF Regional Football Championship Bowl Games will be slotted based on competitive equity considering the criteria listed in (3) below.
- c. The Open Division is open to all teams regardless of enrollment that have qualified through their respective section playoffs. The best team from the north and the best team from the south will be selected to participate and will receive byes directly to the CIF State Football Championships Bowl Open Division game.
- d. In order to balance the number of teams from the north and the south, teams from the south will be slotted in the north once all of the bowl games participants have been determined. These teams will be selected from the Central Section and/or Southern Section.

(3) CRITERIA CONSIDERED FOR DIVISIONAL PLACEMENT AND HOSTING REGIONAL GAMES (LISTED IN NO PARTICULAR ORDER)

OF

- a. Win-Loss Record (Preseason, League, Section Playoffs)
- b. Strength of Schedule (Preseason, League, Section Playoffs)
- c. Head-to-Head Competition
- d. Common Opponents
- e. Opponents Win-Loss Record
- f. Various rankings may be consulted when placing teams (i.e. SBLive, Cal-Hi Sports, Cal Preps)
- g. Section Rank Order
- h. Suitability to represent the State in a Bowl Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.

QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

Teams must compete and qualify through their respective CIF Section Championships to participate in CIF State/Regional Championships. Only Section Champions are eligible for selection to the CIF State/Regional Football Championship Bowl Games.

NOTE: Complete details on the 2025 CIF State Football Championship Bowl Games will be available on the State CIF website (www.cifstate.org) in the handbook approximately 45-60 days prior to the event.

CIF STATE BYLAW 2201.B. & C. - POLICY

State statute mandates that football teams are limited to two days per week of full-contact practice, with no more than 45 minutes of full-contact on each of those days during the season of sport. For purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All contact practices are prohibited in the off-season which includes team camps. The only equipment allowed in the off-season or at team camps is footballs, bags, blocking sleds and football shoes.

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA Football as a drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no predetermined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the National Federation of State High School Associations (NFHS).

The CIF has developed the following regarding full-contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full-contact practice, with no more than 45 minutes of full-contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 - Air - Players run unopposed without bags or any opposition.
 - Bags/Blocking Sleds - Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 - Control: Drill is run at assigned speed until the moment of contact with a Predetermined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.

Allowable Activities for Team Camps and Other Off-Season Activities:

- No full contact practice or drills utilizing control are allowed during off-season activities and team camps.
- Team camps are considered practice.

- If allowed by the Section, a team may participate in air, bags/blocking sleds drills (see above for definitions of these activities) in the off-season or while attending a team camp. A team may only utilize the following equipment in the off-season or at team camps: footballs, bags, blocking sleds and football shoes.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Questions and Answers for Bylaw 2201.B. & C.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 45 minutes of full-contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2201 for the definition of Control.

Q: Is full-contact or control allowed at team camps?

A: No. According to AB 2127, team camps are considered practice so full-contact would be prohibited. In addition, Bylaw 2201.C. does not allow any equipment at team camps other than footballs, bags, blocking sleds and football shoes so control drills would not be allowable.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB 2127 and CIF Bylaw 2201 apply no matter where the team camp is conducted.

Q: Given the addition of Bylaw 2201.C. may teams attend a team camp that only utilizes activities that are appropriate when no protective equipment is used?

A: Yes. Teams may attend a team camp and participate in drills such as Air, Bags/Blocking Sleds.

Q: May student-athletes wear traditional protective football equipment at team camps and other off-season activities?

A: No. Team camps and other off-season activities are allowable with the following equipment only: footballs, bags, blocking sleds and football shoes.

Q: If allowable by the school, school district and local CIF Section, may student-athletes elect to wear soft padded head and shoulder protection?

A: Yes. Soft padded head and shoulder protection is allowable if permitted by the school, school district and local CIF Section.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2201 regarding team camps.

Q: Does a scrimmage count against the full-contact limitation of two days per week/no more than 45 minutes on each of those two days?

A: No. For purposes of this bylaw only, a scrimmage between two or more schools is considered a contest and would not be counted as one of the two allowable full-contact days. However, an intrasquad scrimmage (i.e. scrimmage involving one school no matter how many levels of classification), would count against the weekly full contact allowance.

DRAFT

2025 Football Advisory Committee

An advisory group that provides info back to the schools they represent on by laws, changes in rules and or playoff structures, gives suggestions on structure, organization of the Oakland Section Cross Country events and gives a voice to member schools. A seat at the table for important issues concerning the Oakland Section as it pertains to our Cross Country season and championships.

Pre-Season Meeting - August 5, 2025
Post-Season Meeting - November 10, 2025

Francisco Navarro	Oakland Section Staff Representative	francisco.navarro@ousd.org
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Koresh Adams	Skyline Athletic Director	koresh.adams@ousd.org
Terry Hendricks	Oakland High Coach	terry.hendrixjr@ousd.org
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