

# BADMINTON

## CIF SOUTHERN CALIFORNIA BADMINTON INVITATIONAL

Saturday, May 18, 2019

Site: Arcadia HS, Arcadia

## CIF NORTHERN CALIFORNIA REGIONAL CHAMPIONSHIP

Saturday, May 18, 2019

Site: Independence HS, San Jose

### **I. CLASSIFICATIONS**

Competition will be held in the following five classifications:

- A. Girls' Singles
- B. Boys' Singles
- C. Girls' Doubles
- D. Boys' Doubles
- E. Mixed Doubles

### **II. SECTION ENTRIES**

16 individual/team brackets in each category. Entries for the NorCal and SoCal Regionals will be posted in the Badminton Handbook online 45-60 days prior to the Championships.

### **III. QUALIFYING PROCEDURES:**

- A. Section entries shall be based on the Section's percentage of overall schools that field teams in the classification multiplied by the number of participants the event management opts to place in a championship bracket.
- B. If a Section has a Badminton championship, athletes will qualify through the Section championship. If a section does not offer a Section championship an interscholastic tournament may be designated as the official means of qualifying for the Northern California Regional or the Southern California Invitational Badminton Championship.
- C. No Section shall receive more than 50% of the entries in a classification.
- D. An individual may only be entered in one classification. Doubles teams must consist of participants who attend the same school.

### **IV. 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.

**NOTE:** Complete details on the 2019 CIF State Badminton Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.

# BASKETBALL

## CIF STATE BASKETBALL CHAMPIONSHIPS

Friday-Saturday, March 8-9, 2019

Golden 1 Center, Sacramento

## CIF NORTHERN AND SOUTHERN CALIFORNIA REGIONAL PLAYOFFS

February 26, 27, 28, March 2, 5, 2019 at Home Sites

### I. CIF STATE BASKETBALL REGULATIONS

#### A. STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS

Boys and girls Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament.

**NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.**

**NOTE:** The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only.

#### B. SECTION REGIONAL ENTRIES

##### (1) AUTOMATIC QUALIFIERS

CCS – 21; CS – 16; LACS – 15; NCS – 25; NS – 12; OS – 2; SDS – 18; SFS – 2;  
SJS – 23; SS – 44

##### (2) OPEN DIVISION

There will be four regional Open Division brackets. Each regional Open Division bracket will have a maximum of eight (8) teams but could have less if the tournament committee feels that there are not eight qualified teams. The tournament committee will select the teams for the Open Division before they seed the five (5) divisions of the State Tournament. Teams selected by the committee for the Open Division will compete in the Open Division ONLY and cannot opt out.

The regional seeding meetings will take place on **Sunday, February 24, 2019**. Competition among the teams in each gender will be held in one Open Division and five (5) competitive equity based divisions. Tournament brackets will range from 8 to 16 team brackets (unless outbracket games are required) depending on the number of entries forwarded by each CIF Section.

### II. QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

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

**NOTE:** Complete details on the 2019 CIF State Basketball Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.

# CROSS COUNTRY

## CIF STATE CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 24, 2018

Woodward Park, Fresno

### I. 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 of 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 Automatic Qualify	Sections' Five Individual Qualifiers to 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

<b>2018 BOYS</b>	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
Central	3	2	2	2	2
Central Coast	3	3	2	3	3
Los Angeles	2	1	1	0	1
North Coast	2	3	4	3	5
Northern	0	0	1	2	1
Oakland	1	0	0	0	0
Sac-Joaquin	2	3	3	3	2
San Diego	2	4	4	3	3
San Francisco	1	0	0	0	0
Southern	7	7	7	7	7
<b>Total</b>	<b>23</b>	<b>23</b>	<b>24</b>	<b>23</b>	<b>24</b>

<b>2018 GIRLS</b>	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>	<b>Division IV</b>	<b>Division V</b>
Central	3	2	2	3	2
Central Coast	2	3	3	3	3
Los Angeles	2	1	1	0	1
North Coast	2	4	4	3	6
Northern	0	0	1	2	1
Oakland	1	0	0	0	0
Sac-Joaquin	3	3	3	2	2
San Diego	2	3	3	3	2
San Francisco	1	0	0	0	0
Southern	7	7	7	7	7
<b>Total</b>	<b>23</b>	<b>23</b>	<b>24</b>	<b>23</b>	<b>24</b>

II. 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.

*NOTE: Complete details on the 2018 CIF State Cross Country Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.*

# FOOTBALL

## CIF STATE and REGIONAL FOOTBALL CHAMPIONSHIP BOWL GAMES

Friday-Saturday, November 30, December 1, 2018

Regional Sites T.B.D.

Friday-Saturday, December 7-8, 2018

Cerritos College, Cerritos

(Additional State Sites T.B.D.)

### I. 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 25, 2018 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. 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 [See (2)f. below]. In Division 7-AA, 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. If both regions have a bye in 7-AA, the State Championship game would be played on Saturday, December 1 for that division.

##### (2) PLACEMENT INTO DIVISIONS

- a. Only Section champions will be eligible except for Sections with an Open Division Championship (see below)
- b. CIF Sections with an Open Division Championship will be allowed to replace one or more of their Section champions from another division with a team that participated in that Section's Open Division. That Section's Open Division team may only replace that Section's Champion from the division in which they would have been slotted if they had not been selected for the Section's Open Division. Sections with an Open Division choosing to utilize this provision must have a policy in place (adhering to the above language) which outlines the process the Section will use to replace champions from their Section divisions with non-champions from their Open Division.
- c. All teams in the CIF Regional Football Championship Bowl Games will be slotted based on competitive equity considering the criteria listed in (3) below.
- d. 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.
- e. 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 OF REGIONAL GAMES (LISTED IN NO PARTICULAR ORDER)

- 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. MaxPreps, Cal Hi Sports, Cal Preps)
- g. Suitability to represent the State in a Bowl Championship with regards to Pursuing Victory with Honor and acceptable standards of sportsmanship.

## II. 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 except as listed in A.(2)b. above.

*NOTE: Complete details on the 2018 CIF State Football Championship Bowl Games will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.*

### **CIF STATE BYLAW 2001.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 pre-determined 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:
  - o **Air** - Players run unopposed without bags or any opposition.
  - o **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.
  - o **Control**: Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as 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 2001.B. & C.**

**Q: What is the implementation date for the new Bylaw 2001.C.?**

A: This bylaw will be implemented immediately.

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

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

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

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

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

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 2001 for the definition of Control.

**Q: 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 2001.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 2001 apply no matter where the team camp is conducted.

**Q: Given the addition of Bylaw 2001.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 2001 regarding team camps.

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

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

# GOLF

## GIRLS REGIONAL CHAMPIONSHIPS

NCGA - Monday, November 5, 2018

Woodbridge GC, Woodbridge (North)

SCGA - Thursday, November 8, 2018

Brookside GC, Pasadena (South)

## CIF GIRLS STATE GOLF CHAMPIONSHIPS

Wednesday, November 14, 2018

Victoria Club, Riverside

## BOYS REGIONAL CHAMPIONSHIPS

NCGA - Monday, May 20, 2019

T.B.D. (North)

SCGA – Thursday, May 23, 2019

Brookside GC, Pasadena (South)

## CIF BOYS STATE GOLF CHAMPIONSHIPS

Wednesday, May 29, 2019

Poppy Hills GC, Pebble Beach

### **I. FORMAT**

A. The following format will be used in advancing teams and individuals to the state championships:

**Team** - Top three (3) teams from the NorCal and SoCal Regionals will advance for a total of six (6) teams.

**Individuals** - Top nine (9) individuals (not on qualifying teams) from the Northern California and Southern California Regionals will advance for a total of 18 individuals.

### **II. 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.

**NOTE:** Complete details on the 2018-19 CIF Regional and State Golf Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.



# **SOCCER**

## **CIF REGIONAL CHAMPIONSHIPS**

**Div. I -V February 26, 28, March 2, 2019**

**at Host Sites T.B.D.**

### **I. CIF REGIONAL SOCCER REGULATIONS**

The format is an eight (8)-team single-elimination tournament in each of five (5) divisions (DI-DV for both boys and girls).

Boys and girls Regional Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for respective regional tournament.

**NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.**

### **II. SECTION REGIONAL ENTRIES**

#### **A. ENTRIES BY SECTION**

CCS – 8; CS – 7; LACS – 6; NCS – 10; NS – 6; OS – 1; SDS – 8; SFS – 1; SJS – 10; SS – 20

### **III. 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.

**NOTE:** *Complete details on the 2019 CIF Regional Soccer Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.*

# SWIMMING & DIVING

## CIF STATE SWIMMING AND DIVING CHAMPIONSHIPS

Friday-Saturday, May 10-11, 2019

Clovis West Aquatic Complex - Clovis West HS, Clovis

### I. CIF STATE SWIMMING AND DIVING CHAMPIONSHIP REGULATIONS

The state Federated Council rules governing entries per section are as follows:

#### A. SWIMMING ENTRIES:

CS – 3; CCS – 3; LACS – 2; NCS – 3; OS – 1; SJS – 3; SDS – 3; SFS – 1; SS – 5;  
Totals – 24

#### B. SWIMMING AT-LARGE ENTRIES:

- (1) An athlete shall earn an at-large entry into the State Meet if his/her mark at the final Section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 16th place qualifying time from the State Meet finals from the three (3) most recent years.

#### C. CONSIDERATION TIMES

In the event there are not 40 automatic and at-large qualifiers, consideration times will be used to fill each event to 40 individuals/relay teams.

At-Large and consideration times for the 2019 CIF State Swimming Championships will be posted on the CIF website ([www.cifstate.org](http://www.cifstate.org)) as well as the Championship Handbook.

#### D. DIVING ENTRIES:

- (1) Number of swimming entries plus one (1).  
CS – 4; CCS – 4; LACS – 3; NCS – 4; OS – 2; SJS – 4; SDS – 4; SFS – 2;  
SS – 6; Totals - 34

#### E. DIVING AT-LARGE ENTRIES:

- (1) There will be no at-large qualifiers for diving.

### II. 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.

**NOTE:** Complete details on the 2019 CIF State Swimming and Diving Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.

# TENNIS

## CIF-USTA TENNIS CHAMPIONSHIPS

### GIRLS REGIONAL CHAMPIONSHIPS

Tuesday\*, Friday-Saturday, November 13\*, 16-17, 2018

Broadstone Racquet Club, Folsom (North)

Friday-Saturday, November 16-17, 2018

Claremont Club, Claremont (South)

### BOYS REGIONAL CHAMPIONSHIPS

Tuesday\*, Friday-Saturday, May 14\*, 17-18, 2019

Broadstone Racquet Club, Folsom (North)

Friday-Saturday, May 17-18, 2019

Claremont Club, Claremont (South)

## I. FORMAT

A. The following format will be used in advancing teams to the Regional Championships:

North: CCS – 2; NCS – 2; NS – 1; OS – 1; SJS – 2; SFS – 1; Totals – 9

South: CS – 1; LACS – 1; SDS – 2; SS – 4; Totals - 8

## II. 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.

*NOTE: Complete details on the 2018-19 CIF-USTA Regional Tennis Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.*

\*Tuesday, November 13 and Tuesday, May 14 will be respectively played at home sites.

# **TRACK & FIELD**

## **CIF STATE TRACK AND FIELD CHAMPIONSHIPS**

**Friday-Saturday, May 24 - 25, 2019**

**Veterans Memorial Stadium (Buchanan Educational Complex), Clovis**

### **I. CIF STATE TRACK & FIELD CHAMPIONSHIP REGULATIONS**

- A. **ENTRIES** - The State Federated Council rules governing entries per section are as follows:  
SS – 6; CS – 3; CCS – 3; LACS – 3; NCS – 3; SJS – 3; SDS – 3; NS – 1; OS – 1; SFS – 1;  
Totals - 27
- B. **AT-LARGE ENTRIES** - An athlete shall earn an at-large entry into the State Meet if his/her mark at the final Section competition (which qualifies entrants to the State Meet) is equal to or better than the average of the 9th place qualifying marks to the State Meet finals from the three most recent years.  
(Approved May 2000 Federated Council)

### **II. 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.

***NOTE:** Complete details on the 2019 CIF State Track and Field Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.*

# BOYS VOLLEYBALL

## CIF NORTHERN and SOUTHERN CALIFORNIA CHAMPIONSHIPS

May 14, 16, 18, 2019

Sites: Home Sites

### I. CIF REGIONAL VOLLEYBALL REGULATIONS

#### A. BOYS REGIONAL CHAMPIONSHIP

Boys Regional Championships will be held following the completion of Section playoffs. The format is an eight (8) team single elimination tournament to be conducted in three (3) divisions in both the North and the South. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament.

**NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.**

#### B. AUTOMATIC ENTRIES – SEEDING PROCEDURES

Seeding for the Regional Championships will take place on Sunday, May 12, 2019

North: CS – 3; CCS – 6; NCS – 6; OS – 1; SJS – 6; SF – 2

South: LACS – 5; SDS – 7; SS – 12

### II. QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

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

**NOTE:** Complete details on the 2019 CIF Regional Volleyball Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.

# GIRLS VOLLEYBALL

## CIF STATE GIRLS VOLLEYBALL CHAMPIONSHIPS

Friday-Saturday, November 16 - 17, 2018

Santiago Canyon College, Orange

## NORTHERN & SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIPS

November 6, 7, 8, 10, 13, 2018

Home Sites

### I. CIF STATE VOLLEYBALL REGULATIONS

#### A. GIRLS STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Girls Regional and State Championships will be held following the completion of Section playoffs. The CIF Seeding Committee will determine the divisional placement of the Section entries for their respective regional tournament.

**NOTE: Sections still determine their own criteria for placement and seeding of schools within their own local playoff system.**

#### B. AUTOMATIC ENTRIES – SEEDING PROCEDURES

Seeding will take place on Sunday, November 4, 2018

CS – 16; CC – 21; LACS – 15; NCS – 25; NS – 12; OS – 2; SJS – 23; SDS – 18; SFS – 2;  
SS - 44

**NOTE:** The State Championship will include Divisions Open-V above. Division VI Regional Championship will be in NorCal only.

**NOTE:** Bracket Size - Open Division = 8 teams; Division I-V = 16 teams; Division VI = 8 teams

#### (1) OPEN DIVISION

There will be two regional Open Division brackets. Each regional Open Division bracket will have a maximum of eight (8) teams, but could have less if the tournament committee feels that there are not eight qualified teams. The tournament committee will select the teams for the Open Division before they seed the five (5) divisions of the State Tournament. Teams selected by the committee for the Open Division will compete in the Open Division ONLY and cannot opt out.

### II. QUALIFYING TO CIF STATE/REGIONAL CHAMPIONSHIPS

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

**NOTE:** Complete details on the 2018 CIF State Volleyball Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.

# **WATER POLO**

## **CIF SOUTHERN CALIFORNIA BOYS REGIONAL CHAMPIONSHIPS**

**Div. I – III, Friday – Saturday, November 16-17, 2018**

**Site: TBD**

## **CIF SOUTHERN CALIFORNIA GIRLS REGIONAL CHAMPIONSHIPS**

**Div. I – III, Friday – Saturday, February 22 - 23, 2019**

**Site: TBD**

## **CIF NORTHERN CALIFORNIA BOYS & GIRLS REGIONAL CHAMPIONSHIPS**

**Div. I – III, Round I, Tuesday, November 13, 2018 @ Home sites**

**Semi-finals and Finals, Saturday, November 17, 2018**

**Site: TBD**

### **I. FORMAT**

The format is an eight (8)-team single-elimination tournament in each of three (3) divisions.

### **II. AUTOMATIC ENTRIES-SEEDING PROCEDURES**

A. Boys and girls regional water polo championships will be held following the completion of Section playoffs. The Regional Seeding Committee will determine the divisional placement of the Section entries for the Regional Water Polo Championships. Seeding for the Regional Championships will take place on Sunday, November 11, 2018 (Boys & Girls North and Boys South) and on Sunday, February 17, 2019 (Girls South)

B. CCS – 6; CS – 6; LA – 4; NCS – 6; SD – 8; SJS – 6; SS – 12

### **III. 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.

***NOTE:** Complete details on the 2018-2019 CIF Regional Water Polo Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.*

# WRESTLING

## CIF STATE WRESTLING CHAMPIONSHIPS

Thursday-Saturday, February 21 – 23, 2019

Rabobank Arena, Bakersfield

### I. CIF STATE BOYS WRESTLING REGULATIONS

A. **WEIGHT CLASSES** - California will follow the National Federation weight classes below:

106 pounds	132 pounds	160 pounds	220 pounds
113 pounds	138 pounds	170 pounds	285 pounds
120 pounds	145 pounds	182 pounds	
126 pounds	152 pounds	195 pounds	

B. **ENTRIES** - The State Federated Council rules governing entries per Section are as follows:  
CS – 10-; CCS – 3; LACS – 1; NCS – 3; NS – 2; OS – 1; SJS – 6; SDS – 4; SFS – 1; SS - 9  
\*Los Angeles will fill any voids left vacant by the Oakland Section

### II. CIF STATE GIRLS WRESTLING REGULATIONS

A. **WEIGHT CLASSES** - California will follow the weight classes below:

101 pounds	121 pounds	143 pounds	189 pounds
106 pounds	126 pounds	150 pounds	235 pounds
111 pounds	131 pounds	160 pounds	
116 pounds	137 pounds	170 pounds	

B. **ENTRIES** - The State Federated Council rules governing entries per Section are as follows:  
CS – 4; CCS – 4; LACS – 3; NCS – 4; SJS – 6; SDS – 3; SS - 8

### III. CIF WRESTLING WEIGHT MANAGEMENT PROGRAM

The establishment of a certified minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high schools. Participation in the CIF Wrestling Weight Management Program will be mandatory and binding for all CIF interscholastic wrestlers. No wrestler may compete until he/she has completed the required body composition assessment. The CIF will utilize the Optimal Performance Calculator as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling.

#### A. **Establishing Certified Minimum Weights**

- (1) For all initial assessments, Bioelectrical Impedance or Ultrasound will be the only methods utilized to determine each wrestler's body fat percentage. Refractometers will be utilized to determine hydration levels through analysis of urine when using the Bioelectrical Impedance method. (The BodyMetrix Ultrasound system does not require hydration testing.) Only measurements taken by persons who have successfully completed the CIF Assessor Certification Workshop will be valid. Schools will receive a list of CIF Certified Assessors. It is the responsibility of the school to contact an assessor from this list and arrange a time to have its wrestling squad assessed or attend a Section sponsored regional testing clinic. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the Optimal Performance Calculator and it appears on the school's Pre-Match Weigh-In Form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (2) 1% Variance: The formula incorporated by the optimal performance calculator for assessment data for CIF wrestlers will automatically include a 1% variance of the wrestler's body weight at the certified minimum weight. (Example: If a male wrestler's minimum body weight at 7% is 150, the program will indicate that 148.5 lbs. is the certified minimum for that wrestler).
- (3) The lowest weight class at which a wrestler may compete will be determined as follows:
  - a. If the certified minimum weight, at 7% or 12% body fat, is exactly that of one (1) of the adopted weight classes, that weight shall be the wrestler's minimum weight class;
  - b. If the certified minimum weight, at 7% or 12% body fat, is greater than one (1) of the adopted weight classes but lower than the next higher weight class, the next higher weight class shall be the wrestler's minimum weight class.

**PENALTY:** Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the



athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

**B. Time Period for Assessments**

- (1) No wrestler may compete until he/she has participated in an initial assessment and his/her name and data are included on the school Pre-Match Weigh-In Form and Alpha Master Report.
- (2) If using the Bioelectrical Impedance method, the specific gravity of the urine, as determined by a refractometer analysis, will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than or equal to 1.025 is required in order to participate in the body assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 24 hours in order to be retested.
- (3) Assessments may begin on October 15 of each school year. Wrestlers may be measured any time on or following this date and no later than January 15 to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
  - a. **Hardship Exceptions**

Appeals may be submitted to the Section office for the following two (2) exceptions only:

    - (i) **Assessment Exception One (1):** A student under doctor's care may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student's release from the doctor.
    - (ii) **Assessment Exception Two (2):** A student who becomes eligible after January 15 may be assessed after January 15 before the student competes or within seven (7) days, whichever comes first, following the student becoming scholastically and/or residentially eligible.
- (4) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all other appeal options allowed within this policy.

**C. School Responsibilities for the Measurement Process**

- (1) It is the school's responsibility to contact and contract with a CIF Certified Assessor from list provided by the CIF or attend a Section sponsored regional testing clinic.
- (2) Schools choosing to contract with a CIF Certified Assessor will be required to have available at the time of assessment:
  - a. Assessment Data Forms.
  - b. Plastic collection cups to conduct urine specific gravity tests. (If using Bioelectrical Impedance)
  - c. Two (2) adults (teacher, AD, parent(s)/guardian(s)/caregiver, etc.) who will:
    - (i) Assist with measuring height (in feet and inches);
    - (ii) Assist with the recording of data;
    - (iii) Assist with urine specific gravity testing.
- (3) Bioelectrical Impedance or Ultrasound assessments shall not be conducted by any active wrestling coach at any level.

**D. Wrestlers Below 7% or 12% Body Fat**

Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below 7% may request a waiver in order to establish a certifiable wrestling weight class if a physician attests that the athlete is naturally at his sub-7% body fat level. In the case of a female wrestler, a waiver may be requested if the athlete is naturally at her sub-12% body fat. A waiver form must be signed by a physician, a parent(s)/guardian(s)/caregiver, the principal and the head wrestling coach. The completed waiver form must be mailed or faxed to the appropriate Section office. Wrestlers may not compete at their waiver weight class until the completed waiver form, with all four (4) required signatures, has been received by the appropriate Section office. The waiver weight class is valid for one (1) season only and expires March 15 of each year. The sub-7% male or sub-12% female, who receives clearance, may not wrestle below their actual weight class at the time of initial assessment.

**PENALTY:** Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

**E. Growth Allowance**

- (1) The NFHS Wrestling Rules provide a two (2) pound growth allowance on January 1 of each wrestling season.

**F. Weight Loss Per Week**

- (1) An average weight loss limit per week of 1.5% of body weight at the time of initial assessment has been established. A season-long weight loss plan will guide each wrestler's weight loss during the season.
- (2) The weight loss plan shall determine in which weight class(es) a wrestler may compete each week.

- (3) A wrestler is ineligible to compete in a weight class below the lowest eligible weight class defined by the weight loss plan before the proper amount of time has passed to achieve the weight class.

- NOTE:**
- a. A wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor (NFHS Rule 4-4-2);
  - b. If a wrestler weighs in one (1) weight class below his/her lowest allowable weight class per his/her Pre-Match Weigh-in Form, he/she is eligible per NFHS Rule 4-4-2 to only wrestle at the lower of the two (2) weight classes listed for that day on his/her Pre-Match Weigh-In Form.
  - c. If a wrestler weighs in two (2) or more weight classes below his/her lowest allowable weight class per his/her Pre-Match Weigh-In Form, he/she is ineligible to wrestle in any weight class at that competition.
  - d. If a wrestler weighs in at a weight class higher than his/her allowable weight classes per his/her Pre-Match Weigh-In Form, he/she may wrestle in compliance with NFHS Rule 4-4-2; a wrestler shall not wrestle more than one (1) weight class above that class for which the actual weight, at the time of weigh in, qualifies the competitor.

**PENALTY:** Failure to adhere to these Bylaws will result in the wrestler being declared ineligible for that competition and for the next regularly scheduled competition. If this occurred during a tournament then the athlete would be ineligible for the duration of that tournament and for the next regularly scheduled match/competition for that team or individual.

(Revised May 2013 Federated Council)

**G. Appeal of Assessment Results**

- (1) Any athlete may appeal his/her initial assessment results one (1) time by reassessment. In order to utilize the results of an appeal, the school must receive notification from the Section Office prior to allowing the challenging athlete to compete.
- (2) The steps of the appeal process are as follows (Step 1 may be bypassed and only Step 2 utilized):  
STEP 1: The athlete shall repeat the assessment as described in the regulation.
  - a. The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14 day period. The 14 day appeal period shall start on the day following the date of the initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
  - b. Data shall be recorded on the Assessment Data Form.
  - c. Reassessment includes hydration and Bioelectrical Impedance or Ultrasound assessment.

**PENALTY:** A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

STEP 2: If dissatisfaction with the results remains, the wrestler may choose Bod Pod assessment to determine body fat percentage. Results obtained at this step are final: the athlete, family, school or coach may not appeal further.

- a. The Bod Pod assessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the Section before the expiration of the 14 day period. The 14 day appeal period shall start on the day following the date of initial assessment. Day one (1) through seven (7) does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5% (rounded down) of the body weight measured at the initial assessment. Failure to meet these conditions or timelines is cause for denial.
- b. Bod Pod facilities must be approved by the CIF State Office; the proper form shall be filed with the Section Office.
- c. Bod Pod assessment must be conducted before the wrestler participates in interscholastic competition.

**PENALTY:** A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his/her most recent assessment and voids all appeal options allowed within this policy.

**H. Costs**

- (1) All costs incurred for initial assessment, appeal process, nutrition education program, and Optimal Performance Calculator are the responsibility of the school or parent(s)/guardian(s)/caregiver.
- (2) Charges for Bioelectrical Impedance or Ultrasound assessment conducted by a CIF Certified Assessor may not exceed \$10 per wrestler.
- (3) CIF Certified Assessors are permitted to charge mileage at the CIF-adopted rate or a minimum service fee of \$50 whenever travel is required to a location at which fewer than six (6) subjects are to be assessed on any given date.

**I. Training the Assessor**

- (1) Persons eligible to be trained as CIF Certified Assessors shall be medical practitioners (e.g., physicians, registered nurses, licensed practical nurses, certified athletic trainers, physical therapists, physicians assistants, nutritionists, health educators, exercise physiologists) or other persons approved by the CIF. Under no circumstances may an active wrestling coach be a certified assessor.
- (2) Training and certification of CIF Certified Assessors will be conducted by CIF Master Assessors under the direction of the State CIF.
- (3) The assessor will attend a training session and annual update certification.
- (4) The assessor will participate in a random sample test to substantiate the quality and accuracy of his/her measurements.
- (5) The assessor certification training will consist of a minimum of two (2) hours of training (classroom and practical training).
- (6) A certification training fee will be charged to each assessor candidate attending the training program.
- (7) Recertification
  - a. The CIF State Office will conduct annual recertification clinics for a minimum of one (1) CIF Head Master Assessor from each Section. Recertified Head Master Assessors will then conduct recertification clinics for CIF Master Assessors within each local Section.
  - b. CIF Master Assessors will conduct all recertification training programs for CIF Certified Assessors.
  - c. Recertification of CIF Certified Assessors will require a minimum of one (1) hour training.
- (8) Data Collection
  - a. The CIF will provide the reporting forms.
  - b. The assessor will conduct all Bioelectrical Impedance or Ultrasound measurements.
  - c. The assessor will provide the supplies to conduct the urine specific gravity test.
  - d. The assessor will be responsible for posting all wrestler data to the TRACKWRESTLING website within 72 hours after the initial assessment is made.
  - e. Failed urine tests will not be reported to the CIF.

(Revised May 2006 Federated Council/Revised May 2007 Federated Council)

#### IV. **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.

**NOTE:** Complete details on the 2019 CIF State Wrestling Championships will be available on the State CIF website ([www.cifstate.org](http://www.cifstate.org)) approximately 45-60 days prior to the event.