



*San Dieguito Union
High School District*



*Athletic Handbook for Student-
Athletes, Parents, & Supporters*



California Interscholastic Federation (CIF)

Athletic competition is an integral part of the high school experience. CIF is uniquely positioned to foster student growth in values and ethics. CIF's operating principles of "Pursuing Victory with Honor," provides the opportunity to dramatically influence the actions of the athletic community. CIF strives to strengthen the integrity of students and adults across the state by promoting the concepts of sportsmanship, honesty, and quality academics. These priorities advance the highest principles of character—trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

CIF—San Diego Section

The CIF-San Diego Section is a voluntary association of public, private, and parochial high schools. The Board of Managers is the governing body. The members of the Board are public school superintendents and private school representatives of 97 member high schools and 135,000 students. It is one of ten sections throughout the State of California.

The San Diego Section encourages and assists high school students, through participation in interscholastic athletics, to develop and strengthen values, attitudes, and skills that will promote their personal growth as individuals and as members of a diverse society. In addition, its purpose is to cultivate more cordial and friendly relations among schools through good standards of sportsmanship. The San Diego Section administers and conducts varsity level championship playoffs in 26 sports for the young men and women attending our member schools. The CIF-SDS is committed to preparing young men and women for a better tomorrow and to working with educators, parents, and the community to establish and maintain excellent high school athletic programs. For more information, visit their website www.cifsd.org.

National Collegiate Athletic Association

All student-athletes expecting to play NCAA Division I & II athletics must meet freshmen eligibility standards established by the NCAA Initial-Eligibility Clearinghouse.

Playing in college can be a very rewarding experience. It can also be a very challenging one where the students involved must be extremely responsible and pro-active in gathering the information they need to try out and participate. In order to play athletics in college, especially a Division I or II school, you need to fill out a core class worksheet and register with the NCAA Clearinghouse online @ www.NCAA.clearinghouse.net.

Qualifier

To practice, compete, and receive an athletic scholarship as a freshman, the requirements are:

- Satisfy high school graduation requirements.
- Classes of 2006 and 2007 must complete 14 core-courses.
- Class of 2008 must complete 16 core courses.
- Achieve a core-course grade point average and ACT or SAT test score as described in the index.

NOTE: Grade point average and ACT/SAT scores vary according to the NCAA core GPA index.

NCAA Athletic Scholarship Information

Seminars are held throughout the county for student-athletes and their parents to explain the procedure for obtaining an athletic scholarship. The NCAA Guide for the College-Bound Student-Athlete is available online @ www.NCAA.org. If you have questions, see a counselor or athletic director.

NCAA Initial-Eligibility Clearinghouse
P.O. Box 4044

Iowa City, IA 52243-4044

(319) 337-1492 (customer service)

(319) 339-3003 (24 hour voice response)

Questions or comments? Email academics@ncaa.org

www.ncaa.clearinghouse.net

Hazing

Hazing in any form, including initiation which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to District discipline, misdemeanor penalties and forfeiture or entitlements.



SAN DIEGUITO ACADEMY

Projected
Enrollment: 1500
Colors: Navy & White
Mascot: Mustang
Conference: Coastal
League: North
Division III
Address: 800 Santa Fe Dr.
Encinitas, CA 92024
Telephone: (760) 753-1121 x5167
Fax: (760) 753-8142
Website: www.sdacademy.net
Athletic Director: James Hrzina
james.hrzina@sduhsd.net
Sports Hotline: (760) 753-1121 X5355

FALL SPORTS

Cross Country
Girls Tennis
Girls Volleyball
Field Hockey
Girls Golf

WINTER SPORTS

Boys Basketball
Boys Soccer
Wrestling
Girls Basketball
Girls Soccer

SPRING SPORTS

Baseball
Boys Lacrosse
Boys Tennis
Boys Golf
Softball
Girls Lacrosse
Boys Volleyball
Track & Field

CIF designated non-contact period is July 25—August 7, 2006

LA COSTA CANYON

Projected

Enrollment: 2590

Colors: Green/Gold/Navy

Mascot: Mavericks

Conference: North County

League: Palomar

Division I

Address:

One Maverick Way

Carlsbad, CA 92009

Telephone:

(760) 436-6136 x6002/6007

Fax:

(760) 943-3539

Website:

sduhsd.net/lcc

Athletic Director:

John Labeta

john.labeta@sduhsd.net

FALL SPORTS

Football

Cross Country

Field Hockey

Girls Tennis

Boys Water Polo

Girls Golf

Girls Volleyball

WINTER SPORTS

Boys Soccer

Boys Basketball

Girls Soccer

Girls Basketball

Wrestling

Girls Water Polo

SPRING SPORTS

Baseball

Softball

Gymnastics

Swimming

Boys Lacrosse

Girls Lacrosse

Boys Volleyball

Boys Golf

Track & Field

Boys Tennis

Early Release from Class

It is the responsibility of athletes to communicate with their teachers before they depart because of an athletic contest. Teachers will receive a team roster with the names of all team members at the beginning of a season (this roster will be updated as needed). Athletes with an early release time should remind their teacher of this before class on the day of the event. Students are responsible for any and all work and tests missed due to an early release. Students will not be permitted to leave class prior to a release time. It is an athlete's choice and privilege to leave school early to participate in athletics and to maintain at least a 2.0 GPA. It is a teacher's choice to release a student.

Attendance Policy

Student-athletes are required to attend two-thirds (block schedule) or three-fourths (4x4 schedule) of their school day in order to be eligible to practice or play in a scheduled match, game or contest.

Equipment and Uniforms

- A. Uniforms are loaned to student-athletes by the school or Foundation and must be returned at the end of the athlete's season of sports.
- B. When players lose uniforms or equipments, they may not take part in any other sport until it is returned or paid in full.
- C. Athletes are financially responsible for all uniforms and equipment issued to them.
- D. Graduation privileges may be withheld for failure to return team uniforms, equipment, or pay for such items.



CIF designated non-contact period is July 25-August, 7, 2006

CIF Ethics in Sports Policy

- Be courteous at all times (with school officials, opponents, game officials and fans).
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language.
- Respect the integrity and judgment of the game officials.
- Do not use illegal and nonprescription drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- Win with character, lose with dignity.

CIF Ejection Policy

Any coach, player, team attendant, or spectator **ejected by a contest official** from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending any SDUHSD sports contest, until a meeting is scheduled between the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic **and electronic** meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship meeting which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance at SDUHSD contests or practices until such time as the ejected person attends a **Sportsmanship Meeting**.

TORREY PINES

Projected
Enrollment: 3096
Colors: Cardinal/Gold

Mascot: Falcons
Conference: North County
League: Palomar
Division I

Address: 3710 Del Mar Heights Rd.
San Diego, CA 92130
Telephone: (858) 755-0125 x2226
Fax: 9858) 259-6097

Website: sduhsd.net/tp

Athletic Director: Anne Meigs
anne.meigs@sduhsd.net

FALL SPORTS

| | |
|------------------|---------------|
| Football | Cross Country |
| Boys Water Polo | Girls Golf |
| Girls Volleyball | Girls Tennis |
| Field Hockey | |

WINTER SPORTS

| | |
|-----------------|------------------|
| Boys Basketball | Girls Basketball |
| Boys Soccer | Girls Soccer |
| Water Polo | Wrestling |

SPRING SPORTS

| | |
|-----------------|----------------|
| Baseball | Softball |
| Boys Lacrosse | Girls Lacrosse |
| Boys Tennis | Boys Golf |
| Boys Volleyball | Track & Field |
| Gymnastics | Swimming |

CIF designated non-contact period is July 15-August 7, 2006

CANYON CREST ACADEMY

Projected

Enrollment: 879 (grades 9 & 10) Mascot: Ravens
Colors: Red/Black/White Conference: Coastal (Guest)

Address: 5951 Village Center Loop Rd.
San Diego, CA 92130

Telephone (858) 350-0253 x4005
Fax: (858) 350-0280

Website: sduhsd.net/cca

Athletic Director: Matt McCullough
matthew.mccullough@sduhsd.net

FALL SPORTS

| | |
|---------------|------------------|
| Field Hockey | Girls Volleyball |
| Girls Tennis | Girls Golf |
| Cross Country | Boys Water Polo |

WINTER SPORTS

| | |
|-----------------|------------------|
| Boys Basketball | Girls Basketball |
| Boys Soccer | Girls Soccer |
| Wrestling | Girls Water Polo |

SPRING SPORTS

| | |
|-----------------|----------------|
| Baseball | Softball |
| Boys Lacrosse | Girls Lacrosse |
| Boys Volleyball | Boys Tennis |
| Boys Golf | Track & Field |
| Swimming | |

Inappropriate to discuss:

- Playing time.
- Coaching.
- Team strategy.
- Play calling or substitutions.
- Another athlete.

Steps for resolution:

1. First contact the coach to set up a meeting.
2. Schedule appointment with the Athletic Director.
3. Schedule appointment with the Assistant Principal in charge of athletics.

Please know that any anonymous communication will be disregarded.

Event Behavior

1. Losing as well as winning is part of the game. All should be gracious in defeat and modest in victory. Good sportsmanship is expected by all persons at all times. Discipline from coaches and the school will result if unsportsmanlike behavior is shown by team members. Accept loss as something to grow by, setting individual goals, and moving forward.
2. Self-control and maturity are expected. Fits of temper or clowning when things fail to go as the student desires or when team members are substituted out by the coach is not acceptable.
3. Game officials ensure that participating teams will compete fairly and safely. **REMEMBER: Officials do not lose a game for a participant or a team.**
4. It is tradition and a rule that no one except the appointed team captain talk to the designated officials. The players' bench should be enthusiastic, but mannerly, at all times during a contest. No derogatory remarks should be made to or about the officials or to the opposing team.

CIF designated non-contact period is July 25-August 7, 2006

Expectations and Grievances

Both parenting and coaching are extremely challenging in today's world. We must realize that at the core, coaches and parents have the same goal—to see that each young person has a positive experience and become well-rounded individuals. Together we can best help our athletes reach their potential.

Expectations of Spectators

- Applaud at the end of the contest for all performances of all participants, as they shake hands with each other, regardless of the contest outcome.
- Show concern for injured players regardless of team affiliation.
- Encourage people around you to display only sportsmanlike conduct.
- Refrain from blaming the loss of contest on officials, coaches, or participants. Leave with a positive attitude.

Communication you can expect from your athlete's coach:

- Philosophy of the coach.
- Expectation of individual athletes and team.
- Location, dates, and times of all practices and games.
- NFHS, CIF, Conference, SDUHSD, and school rules.
- Modes of transportation.

Communication that coaches can expect from parents:

- Non-confrontational situations.
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern.

Appropriate to discuss:

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by CIF, CIF-San Diego Section (CIFSDS), and the San Dieguito Union High School District (SDUHSD). Every privilege includes responsibility. The conduct of a student-athlete is closely observed by many people. An athlete is a representative of the team, the school, and the community. Therefore, it is important that each student-athlete be a gentleman or lady of high moral integrity and class at all times and in all places. This extends into the classroom, beyond the playing field and within the community.

Purpose

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility. Team leadership is achieved through captains, equipment managers, and coaches dedicated to youth. Student-athletes will be expected to adhere to the following code of behavior:

Athletes strive to:

- At all times represent their school in a positive manner.
- Be on time, be enthusiastic, dependable, loyal, and cooperative.
- Be responsible and open to coaching.
- Be a team player and support their teammates.
- Abide by the general rules of discipline as established for you by the CIF, CIFSDS, and SDUHSD.
- Place academics first.
- Attend tutorial and seek education assistance when required.
- Strive to improve.
- Demonstrate respect for teachers, coaches, and fellow athletes at all times.
- Maturely accept constructive criticism.
- Take responsibility
- Use appropriate language.

Eligibility Rules and Regulations

An athlete who participates in athletics agrees to abide by rules. These rules are the result of the combined efforts of four different groups; CIF, CIF-SDS, SDUHSD, and the National Federation of High Schools (NFHS). Information contained in this booklet will acquaint you with some of the bylaws and regulations all students must follow in order to protect athletic eligibility. The coach of each sport is responsible for teaching the rules that apply to that specific sport as published by the NFHS and the bylaws of the CIF-SDS. The eligibility standards of the CIF-SDS were accepted by each school when they became a member of CIF. If you have any questions regarding rules and regulations, please contact the Athletic Office for clarification.

In the following pages we have outlined CIF Rules that have specific importance to the athlete and parent. In some areas, SDUHSD has more strict guidelines than CIF. That is allowable: we are just not allowed to be more lenient. Any situation not specifically covered in this code will be referred to the Athletic Director. The eligibility physical will uniformly meet the standards of eligibility stated by the Constitution and Bylaws of the California Interscholastic Federation and CIF-SDS Green Book (www.cifsd.org). NOTE: Students cannot participate on any school team until all forms are signed and returned to the Athletic Office.

For many students, the high school years will be highlighted and enhanced by participation in our school's interscholastic athletic program. During this time, the CIF-SDS standards must be met in order to be eligible to compete and participate. In addition, there may be school, district, and conference standards that apply. Parents and student-athletes are urged to study these standards carefully, and before making any decision involving athletic participation, to consult with the school administrator/Athletic Director.

Parent Responsibilities

- Understand that academics are #1 priority.
- Attend seasonal sport night to learn about your student's team and meet the coaches.
- Help your student-athlete to understand that the team comes before the individual.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- Encourage your student-athlete to know and understand game rules as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.
- Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- Pay admission fees when appropriate.
- Parents of student-athletes are not allowed at tryouts or practice.
- During home games, only student-athletes and their team are allowed on the field, in the dug-out, or on the court. **Animals are not permitted on school grounds.**

Coaches' Responsibilities

- Understand that academics are #1 priority.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all athletes equally.
- Be professional in all actions and words.
- Create a positive environment for our team.
- Communicate your expectations of your athlete and team.
- Communicate with individual athletes as to their role on the team.
- Clearly communicate all NFHS, CIF, SDUHSD, Conference, and team rules to athletes and parents.
- Return parent phone calls/emails in a timely manner.
- Explain vacation/absence policy.
- Allow students time away from practice to make-up tests due to athletic competition or to attend tutoring.

High school programs strive to provide a variety of experiences to aid in the development of favorable habits and attitudes in student-athletes. We strive to prepare athletes for a successful life in our society. Here we have identified three areas that we would like all of our athletes to learn and appreciate:

- RESPONSIBILITY/COMMITMENT/COMMUNICATION
- A STRONG WORK ETHIC
- HOW TO BE A CONTRIBUTING MEMBER OF A TEAM

Each athlete, coach, parent, and referee has a part to play for these program goals to be accomplished. By establishing an understanding of each other roles, we are better able to accept the actions of others and provide a greater benefit to our student-athletes.

Student-Athlete Responsibilities

- Understand that academics are #1 priority.
- Competition in high school athletics is a privilege. Accompanying that privilege is the responsibility of the student to conform to standards established by the school teams and instituted by the NFHS, CIF, CIF-SDS, SDUHSD, and school athletic conference.
- Be on time.
- Be at all practices and games.
- Represent your high school in a positive manner at all times.
- Come prepared to be a part of the team.
- Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.
- Be positive.
- If you don't understand something, ask.
- Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans at all times.
- Maintain a G.P.A of 2.0 or above throughout your season of sport.
- Take care of all equipment, uniforms issued and return them at the end of the season..
- Respect rules and policies.
- Remember, your level of effort and attitude define you . . . Not your win/loss record.

CIF—Residential Eligibility

A student has residential eligibility upon initial enrollment in:

1. The ninth grade of any CIF high school or a CIF junior high school under provisions of CIF Bylaw 302, OR
2. The tenth grade of a CIF high school from ninth grade of a junior high school.

SDUHSD—Residential Eligibility

1. Students living within the boundaries of the SDUHS District who are accepted for enrollment at their home school or school of choice in the ninth grade are considered eligible.
2. An athlete must live with his/her parent, legal guardian, or care giver within the geographical boundaries of the San Dieguito Union High School District to be eligible.

Changing Schools—Transfers

A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to:

1. A bona fide change of residence from one school attendance area to the attendance area of the new school by the parent(s) or legal guardian(s) with whom the student was living when the student established residential eligibility at the prior school, OR
2. A ruling by the Board of Education of a school district that has two or more high schools, provided the change of schools is not the result of disciplinary action.
3. All transfer students must submit a completed CIF Pre-Enrollment Contact Affidavit (Form 510) with the appropriate transfer application.

North County Conference Transfer Eligibility

A student who participated at the varsity level in a sport at school "A" in the North County Conference and enrolls (either by bona fide change of residence, transfer, or otherwise) in school "B" during that same season of sport shall have restricted athletic eligibility in that sport for the duration of the season.

Scholastic Eligibility

Do not change a course schedule or drop a course without first consulting with the school principal, counselor, or athletic director to determine whether it will affect your athletic eligibility. A student is scholastically eligible if:

1. The student is currently enrolled in at least 20 semester periods of work, AND
2. The student passed at least 20 semester periods of work at the completion of the previous regular grading periods, AND
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board of the school district, AND
4. The student has maintained during the previous grading period (school wide distribution of grades) a minimum of a 2.0 grade point average on a 4.0 scale in all enrolled courses.
5. Incomplete grades are considered failing grades for determining scholastic eligibility until such time as the incomplete grade is satisfied and a passing grade is submitted.
6. If you do not fully participate in your classes on a game or practice day, you cannot participate in any athletic team activities.

Academics

Academics are the number one priority for high school student-athletes. During the season, students should plan to do projects, homework, and studying outside of practice. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, **academics always takes priority**. Consequences for missing practices, tournaments, or games may still result. Many times travel to an athletic competition means missing class. Students need to recognize demands that athletics can place on academic attendance and make appropriate choices.

Loss of Eligibility

Any athlete who loses his/her eligibility because of grades forfeits all right to letters and awards that he/she may have otherwise been entitled to receive for that sport. A student becomes ineligible for CIF competition if he/she participates in any tryout for a professional team in any CIF approved sport.

Age Limitations

No student whose nineteenth (19) birthday is on or before the 14th of the previous year will participate or practice on any CIF team.

What is a Practice?

In the CIF-SDS, practice is defined as organized, systematic exercise to become proficient in a sport. Activities include, but not limited to, skill drills, game situation drills, scrimmages and games, or any other directed or supervised instruction (including, but not limited to, study of game film, chalk talks, and strategy or planning sessions) by the school coach, a school representative, a school team representative, an outside team coach, or any individual associated with an outside team or club.

Missing Practices

Athletic teams will usually practice weekdays, Monday through Friday (some teams will also hold Saturday practices). An athlete should always consult his/her coach before missing practice and leaving campus. Missing practice or a game without good reason will be dealt with according to each coach's individual rules (Illness or a family emergency would be a good reason for missing a practice or a game). Do not schedule college visits during your season of sport. In any circumstance, however, it is expected that the coach will be notified in advance. Communication with coaches should be a priority.

Minimum Participation by an Athlete

In individual sports, an athlete must have participated for his/her school of enrollment in more than one-half (1/2) of the CIF-SDS permissible maximum individual points of the sport in order to participate in the CIFSDS championship tournament in the sports of cross country; boys and girls golf; boys and girls tennis; wrestling; track and field; and swimming and diving. League and conference may have additional requirements.

Removal from a Team

An athlete that is removed from a team/sport in season due to disciplinary/academic reasons will not be allowed to participate or practice in another sport until the end of the regular season of the team from which he/she was dropped. In addition, all awards, letters, and certificates are forfeited.

Conflicts

An individual student who attempts to participate in too many extra curricular activities will, undoubtedly, be in a position of conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to that end, will attempt to schedule events in a manner so as to minimize conflicts. Students have a responsibility to do everything they can to avoid conflicts. This would include being cautious about committing to too many activities where conflicts are bound to happen. It also means notifying the staff members involved and communicate immediately when a conflict does arise. The student-athlete will be responsible for contacting those involved and developing a solution so that the student learns to prioritize should a conflict arise.

Once the decision has been made and the student has followed that decision, he/she should tell the coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that team. Examples of conflicts include family, vacation, in-class exams, and college visits.

Dropping or Transferring Sports

On occasion, an in-season athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Talk with your coach.
2. Report the situation to the Athletic Director.
3. Return all equipment and uniforms issued to you.

Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.

Academic Probation (one time only)

The SDUHSD allows a student a one-time academic waiver when a student falls below a 2.0 GPA. The student will have to attend at least 3 hours of tutoring a week during the academic probation period. The academic probation period ends when the next grading period's grades are posted (school wide distribution of grades—progress report or report card). For a student to qualify for academic probation they must be passing a minimum of two classes (4X4) or four classes (block schedule). Students are allowed **one** academic probation period during their four years of eligibility.

1. If a student does not bring his/her grades up to a 2.0 grade point average at the end of the probationary period, they will be deemed academically ineligible and will be removed from the team roster.
2. Summer school grades may be computed to improve grades given in the final session of the regular school year. Each summer school class will be added as an extra class when computing a student's G.P.A. All other classes taken off campus or through adult education will not be included in calculating a student's G.P.A.

Semesters of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition for a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade. Any school eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school. A student may only participate in four (4) seasons of any sport.

Competing Under an Assumed Name or Providing False or Fraudulent Information

Any student who provides false information in order to achieve athletic eligibility will be ineligible in all interscholastic athletic competition for a period of up to 24 calendar months from the date the infraction is verified.

Competition on an Outside Team

A student on a high school team becomes ineligible if the student practices or competes in a contest on an "outside" team in the same sport, during the student's high school season of sport. This includes club teams.

Conflicts with Outside Club Teams

Participation in our high school team athletics takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first. Athletes need to make sure their participation in outside club sports in no way negatively affects the team on which they are participating, or they may be asked to leave that team.

Undue Influence—Recruitment of Athletes

The use of undue influence by any person (s) to secure or retain a student or one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics and shall jeopardize the standing of the high school in CIF competition and standings.

Use of Alcohol, Tobacco, and Illegal Drugs

By CIF and the SDUHSD signed Code of Conduct, students are prohibited from using any form of alcohol, tobacco, illegal drugs, steroids, and performance enhancing drugs while attending a school activity or event.

Student Award Limitations

A high school student may not receive an athletic award for CIF high school competition of a combined total or more than one hundred dollars (\$100) in value, from all sources. The total athletic award may be two hundred fifty dollars (\$250) for league, section, or state championships. When a student participates in other than CIF competition in a CIF approved sport, at any time other than the high school season of sport, the student is governed by the award rules of the amateur governing body for that sport.

Student Participation Conduct Penalty

Student participation in athletic contests is an honor. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of a contest may be ineligible for the team's next contest. In addition, any student who physically assaults an official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

Penalties for Competition by Ineligible Athletes

Athletes who compete for their school in CIF contests while ineligible due to violations of CIF or CIFSDS rules will cause the following mandatory penalty:

1. Team sports—Forfeiture of contest (s) plus any profit share of playoff profit to school.
2. Individual sports—Forfeiture of points and awards earned by the ineligible athletes (s) .

Physical Examination

A physical examination on a district form, certifying the student is fit to participate in athletics is required before a student is eligible to try out, practice, or participate in any CIF competition. A medical doctor must sign the form. Physicals after June 1 are good through the next school year. In addition, students must have insurance coverage.

Athletic Awards & Letters

1. Letter awards are earned by participating on a varsity squad. In order for a player to letter, minimum standards and requirements must be met. Because of the differences in many sports, each coach will set his/her own award requirements. Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.
2. A Varsity letter and sports specific epaulet will be awarded to each athlete the first year he/she letters. Each subsequent year that the athlete letters, he/she will receive a bar.
3. Individual schools may issue a variety of other awards to varsity athletes. Check with the Athletic Director.
4. CIF Championship emblems, patches, or medals will be provided to all athletes of a team which has won the CIF Team Championship of that sport providing that the athlete has also earned a letter award in that sport for the same year. Awards recognition will be presented at the appropriate sports banquet at the end of each season.

Season of Sport Definition

In the CIFSDS, the season of sport for an individual is that period of time when the student is first rostered as an athlete on a team, regardless of playing time in an interscholastic contest. To compete in an interscholastic contest or scrimmage in the CIF-SDS, a student must be a rostered team member, and have five (5) practice sessions with the coach/team.