

PRESIDENT
DEBBI HOLMERUD
Principal
Lincoln High School
6844 Alexandria Place
Stockton, CA 95207
(209) 953-8921
FAX: (209) 952-4646



COMMISSIONER
PETER J. SACO
CIF Sac-Joaquin Section
P.O. Box 289
Lodi, CA 95241
(209) 334-5900
FAX: (209) 334-0300
Web Site: www.cifsjs.org

BACK UP MATERIAL
BOARD OF MANAGERS MEETING
JANUARY 15, 2014
THE RESERVE AT SPANOS PARK

CONSENT CALENDAR

The following items are considered for your approval. If requested, any of the following items may be removed and placed on the regular agenda.

Section

1. Approval of October 16, 2013 Board of Managers Minutes

The minutes of the October meeting need to be approved. Copies will be available at the board meeting.

OLD BUSINESS (Voting Items)

Section

1. Request by Leroy Greene Academy to Become an Associate Member

Leroy Greene Academy is requesting to become an associate member (Pages 1-2)

2. Request by Whitmore Charter High School to Become an Associate Member

Whitmore Charter High School is requesting to become an associate member (Page 3)

State

1. CIF State Swimming and Diving Championships

The attached proposal is being submitted by the Southern Section to create a CIF State Swimming and Diving Championship. It would go into effect in the spring of 2015. (Page 4)

State-discussion items

1. Bylaw 600 Revision

This will be a discussion item at this meeting. The revision would eliminate the current bylaw and students would be allowed to compete on their high school team as well as a club team during the same season. (Pages 5-11)

2. Practice Time Allowance Proposal

This proposal would create bylaw that control the amount of time that student-athletes have with their high school team week and/or day. (Pages 12-15)

NEW BUSINESS

Section

1. Proposal from Marysville Charter Academy for the Arts to Become an Associate Member

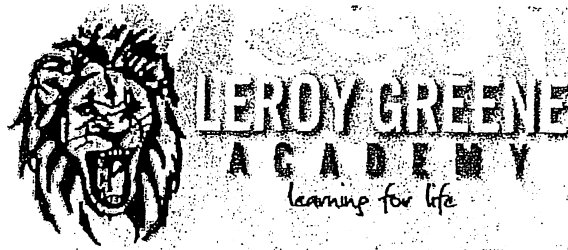
Marysville Charter Academy for the Arts is requesting to become a member of the CIF Sac-Joaquin Section. (Pages 16)

2. Playoff Committee Update

The proposal for the next realignment cycle will be presented at the meeting. The committee meets on January 10, 2014.

3. Proposed Policies Recommended by Auditor

Our auditors are highly recommending that the CIF Sac-Joaquin Section Board of Managers implement the following policies: a) Conflict of Interest; b) Retention and Destruction Policy; and c) Whistleblower Policy. (Pages 17-20)



Received

SEP 23 2013

CIF Sac Joaquin Section

2950 W. River Dr., Sacramento, CA 95833 · P: 916.567.5560 · F: 916.567.5569 · W: leroygreene.com

Angela Herrera Principal · **Carolyn Walker** Assistant Principal · **Natalie Amaro** Administrative Assistant

C.I.F., Sac-Joaquin Section
P.O. Box 289
Lodi, CA 95241-0289

September 17, 2013

To Whom It May Concern:

As the founding principal of Leroy Greene Academy, I am requesting to be assigned to a league for the 2014-2015 school year as an associate member with the Sac-Joaquin Section of the California Interscholastic Federation (CIF), with the hopes that in subsequent years, we will be granted full membership.

Listed below are the sports we are intending to offer each season, beginning in the Fall of 2014 (subject to change):

- Fall:
 - Girls Volleyball
 - Boys Soccer
 - Cross Country
 - Girls Tennis
- Winter:
 - Wrestling
- Spring:
 - Softball
 - Baseball
 - Boys Tennis
 - Swimming
 - Girls Soccer

We are intending to offer each sport at the JV level in 2014-2015, and at the Varsity and JV levels in 2015 and beyond.


Listed below are the grade levels LGA will be serving:

- 2014-2015: Grades 9-10 (Enrollment: 210)
- 2015-2016: Grades 9-11 (Enrollment: 330)
- 2016-2017: Grades 9-12 (Enrollment: 450)
- 2017-2018: Grades 9-12 (Enrollment: 480)

By becoming a member, Leroy Greene Academy will abide by all rules and regulations set for the by the Sac-Joaquin Section and CIF.

Thank you for your consideration.

Sincerely,

A handwritten signature in black ink, appearing to read "Angela Herrera", with a stylized flourish at the end.

Angela Herrera
Founding Principal
anherrera@natomas.k12.ca.us

APPENDIX G

Whitmore Charter High School

3435 Don Pedro Road

Ceres, Ca. 95307

(209)556-1610

Received

AUG 23 2013

CIF Sac Joaquin Section

Friday, July 12, 2013

To: Debbie Holmerud and Peter J. Saco

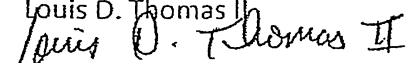
On behalf of Whitmore Charter High School, faculty, staff, students, and parents; I am requesting consideration to be accepted into the CIF Sac-Joaquin section. Our future goal is to be a full member.

The 2013-14 school year will have a two sport two gender sports program. Girls will have a basketball and fast pitch softball program. Boys will have a basketball and baseball program as well. The 2014-15 school year, we are projecting to include girls volleyball and soccer. Also we plan to add boys' soccer. In the distant future, our plan is to add track, tennis, golf (both genders), wrestling, and football.

Our high school enrollment increases every school year. The 2012-13 enrollment was at 130 students. Enrollment for the 2013-14 school year is at 140 students. Our combined enrollment, which includes K-12, is at approximately 565 students.

We agree to abide by all CIF, SJS, league rules and regulations.

Thank you for your consideration.

Louis D. Thomas II

Athletic Director

V.B.1.



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4858 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

To: Federated Council

Date: October 28, 2013

Re: Proposal – First Reading: State Swim and Dive Championship Event

Proposal Originated: Southern Section

Proposal Reviewed

Jan. 30, 2013 – SS Council
April 30, 2013 – SS Council
June 12, 2013 – Commissioners Committee
Sept. 10, 2013 – Executive Committee
Oct. 1, 2013 – Commissioners Committee
Oct. 10, 2013 – New Events Committee
Oct. 27, 2013 – Executive Committee
Oct. 28, 2013 – Federated Council

Proposal Recommendation

First reading
Passed
Discussion
Passed with Support 9-0
Passed with Support 9-0-1

Type: New Championship Event

Next: Vote February 2014

Proposal Summary: The CIF Southern Section is proposing the development of a CIF State Swim and Dive Championship to be implemented in the spring of 2015. The introduction of this proposal follows the approved State Championships Master Schedule. Please refer to the following proposal for the number of section entries. The event would allow the most competitive swimmers in the state an opportunity to compete at the “state” level. The championship event is proposed as a two-day event held on a Friday and Saturday.

Fiscal Impact: (See Proposal for Southern Section Analysis)

State CIF conducted a fiscal analysis and determined a revenue increase to approximately \$26,000 based on a two-day event. The expenses are expected to remain in the range of \$16,000. While not listed in the proposal, CIF anticipates the expenditures for the event would be in line with other CIF Championship Events currently coordinated by State CIF.

Background: State CIF does not currently have a state championship in either swimming or diving. The Southern Section has proposed the championship event follow a model similar to the current Track and Field Championship model. Southern Section Council has approved and passed this proposal. The Executive Committee has passed the proposal with support 9/10/13.



V.B.11.

ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4650 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-238-4477 • FX: 916-238-4478 • WWW.CIFSTATE.ORG

To: Federated Council

Date: Dec 4, 2013

Re: Proposal – First Reading Bylaw 600

Proposal Originated: Executive Committee

Proposal Reviewed

Executive Committee March 21, 2013
Commissioners Sub-Committee July 18, 2013

Policy & Procedures September 9, 2013
Executive Committee Sept. 10, 2013
Commissioners Committee, October 2, 2013
Executive Committee, October 27, 2013
Policy and Procedures, October 28, 2013
Federated Council, October 28, 2013

Proposal Recommendation

Request for Proposed Change
Forward Two (2) Proposals to the Policy &
Procedures Committee for consideration
Revised and approves one proposal; 7-1
Approved with minor revision; 9-0
4 – 4 – 2; Split
Discussion – Study Session
Discussion – Study Session
Discussion – Study Session

Type: Article and Bylaw Revision

Next: Federated Council 1st Reading – January 31, 2014

Federated Council Action Item – May 2, 2014

Proposal Summary:

Remove the restriction on participation on an “outside the school” team during the same season of sport to all individuals and not just selected groups.

Fiscal Impact: None

Background: The origins of Article 60, Bylaws 600-605 began with the first implementation in restricting “outside the school” participation in 1929. There were further revisions and restrictions put in place in 1945, 1959, 1966, 1980 and the latest revision to the bylaw made in 1985. With the number of opportunities for participation in sports related activities outside the school site increasing, the question has been raised as to the appropriate role of the CIF in restricting a student’s desire to participate. Additionally, the application of the article is



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE - 4850 DUCKHORN DRIVE - SACRAMENTO, CA 95834 • PH: 916-299-4477 • FX: 916-299-4470 • WWW.CIFSTATE.ORG

inconsistent for the CIF, most evident in soccer, due to the significant difference in seasons of sport throughout California.

In 1980, the vast majority of state athletic governance associations had similar prohibitions. As of 2011, twenty-six (26) states have eliminated this prohibition and now allow outside participation concurrent with the high school team. Other large states such as Texas (1995 –legislative action), Florida (never had prohibition) and New York (1988 – Court Ruling) have completely eliminated the rule and have seen their high school sports continue to flourish and expand in participation. Some states have made this change at the urging of their membership, legal action and some states at the direct demand/oversight of their state legislature.

Listed below are a detailed pros and cons to the bylaw.

CIF ARTICLE 600

TALKING POINTS/RATIONALE FOR AND AGAINST RULE 600

POINT	COUNTER POINT (if any)
1. High school athletic participation is time intensive. High school participants' first priority should be academics. If high school participants play both on their high school team and an outside team, their academics will suffer.	1. Rule 600 allows for a high school basketball player to also play on her club softball team at the same time. Why is that ok, but not the "same" club sport as the high school? Given that students traditionally perform better academically during their season of sport than outside of the season (many studies have shown this to be the case), the argument that Rule 600 is designed to protect the students' academic emphasis (time) is not valid.
2. High school participants need to commit to the high school team. They should not have to miss a high school game for a club commitment. They should not be put in the position of having to make that decision. The high school expectation is that they will play for their high school team in every contest and participate in every practice. They can't do that and also play for a club team.	2. Same as 1. above—if they are playing on a different club sport team during high school, won't the conflicts remain? Aren't these decisions that should be made between the student, parents and the coach? Coaches can/do set standards and rules for their teams.



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE - 4650 DUCKHORN DRIVE - SACRAMENTO, CA 95834 - PH: 916-239-4477 - FX: 916-239-4478 - WWW.CIFSTATE.ORG

POINT	COUNTER POINT (if any)
3. Academics should be first. We need to help student-athlete and their families by restricting them from too much activity during the high school season.	3. Don't families have the right to make those determinations in the best interest of their family? What about the student that CAN handle more commitments? Why is CIF acting on behalf of the family? Also see 1. And 2. above.
4. During the season, having two different coaches may result in different or even conflicting coaching styles affecting the skill level of a high school player or the way a player executes a skill.	4. This may also occur in the off-season when student-athletes play for different coaches. When they return the next season they are executing a skill differently than their high school coach wants them to. Why is it just a problem during the season that we need to correct?
5. While playing on an outside team, a high school athlete may suffer an injury that affects their ability to play for their high school team and meet their high school team commitment.	5. Student-athletes can get hurt anywhere, doing anything. Accidents happen. They might even happen in practice which is allowed by Rule 600.
6. Overuse injuries are more common when student-athletes play "too much." We need to control the time they are allowed to play so they don't suffer those injuries.	6. Given that the argument that Rule 600 is designed help reduce overuse injuries, then why does 600 make it allowable to play other sports at the same time or compete as an unattached individual? This refutes the argument to protect the students' safety. Yes, overuse injuries are more common when playing too much of the same sport, which is what Rule 600 addresses. But similar sports activities can also cause such injuries and why is CIF again making decisions best left to the families and their medical practitioner.
7. If we didn't restrict student-athletes in individual sports, they would compete for their club prior to participating high school competition at the end of the season in order to win a section championship.	7. Individual sport athletes can do that now if the school, team, league or section doesn't restrict it. They can practice with the team throughout the season and continue to swim, run, etc. attached in outside competition and then join their high school team late in the season. They can also compete for their high school team and continue to compete "unattached" in outside competition during the season.



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4470 • WWW.CIFSTATE.ORG

POINT	COUNTER POINT (if any)
8. If we don't control club programs, they will take over our high school programs.	8. The CIF legal mandate is to govern interscholastic athletics in grades 9-12 for CIF member schools who choose to participate. School programs must be responsive to the interests and needs of their student population as it relates to education based athletics. We cannot control, nor do we have legal authority to govern, outside activities.
9. We must have exceptions for certain Olympic Development programs and other unique circumstances for some sports.	9. CIF rules have made exceptions for the elite athlete to participate in national competitions. Some question the appropriateness of this exception to the rule for <u>only the elite athletes</u> when our education based athletic philosophy is participation and inclusion of all students.
10. Rule 600 applies to all socioeconomic groups equally. Without 600, a greater division of athletic participation among/between socioeconomic groups/schools will occur. The athletic gap between "the haves" & the "have nots" will widen between our schools. Those families that can afford year-round club teams will benefit even more so than the current status.	10. The family who can afford their own professional coach (tennis, golf) or pay the membership fees in a country club or health club will always be able to give their child an advantage.
11. School teams can organize under club team status through AAU and then practice on Sunday (or the alternate day of rest) as well as exceed daily practice time limits (set by schools, districts and some sections) and the start and end dates (for those sections that define the season of sport).	11. Should the CIF consider a rule, similar to policies implemented in other states, which would prohibit the high school coach from coaching their school's student-athletes on an outside team in the same sport during the high school season?

PROPOSAL

600. COMPETITION ON AN OUTSIDE (non-interscholastic) TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport (See Bylaw 511). The following exceptions apply:

A. If the outside team has half or more of the team members as stated in the National Federation rules book for that sport, it shall be considered the same sport. Examples: three on three basketball—outside team competition prohibited; two on two volleyball—outside team competition permitted.

B. **Flag Football**

For purposes of this rule, touch football and flag football are considered to be a different sport than tackle football.

C. **Soccer**

In the sport of soccer, Bylaw 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to Bylaw 600.

NOTE: For purposes of this section, indoor soccer and futsal are not considered the same sport.

D. **Swimming & Diving**

Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship meets and the YMCA National Meet. Divers may compete for an amateur team during the season of sport in the USA National Diving Championships and the USA National Junior Diving Championships.

E. Bylaw 600 shall not be in effect for those sports conducted outside the State-adopted season of sport.

F. **Spontaneous Recreational Activity**

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (Definition of spontaneous: no prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.)

G. **Unattached Competition in Individual Sports**

(1) An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or "outside" team. Any violation shall be considered an infraction of Bylaw 600.

(2) Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming and diving (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

(3) **Certification of Unattached Athletes**

No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.

(4) **Representation in CIF Competition**

Unattached competition is not permitted in any CIF competition (See Bylaw 302). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

600. COMPETITION ON AN OUTSIDE (non-interscholastic) TEAM

During the individual high school student's season of sport, the student is permitted to compete on an outside team in the same sport unless the outside team, on which the student wishes to compete, is being coached by any member of that sport's high school coaching staff.

- A. The season of sport for any individual high school student is that period of time which elapses between that student's first participation in an interscholastic contest in that sport and that student's final contest in that particular sport at any level (ie. freshman, Frosh/Soph, JV or Varsity). (See also CIF Bylaw 511).
- B. Any school/team's season of sport is that period of time which elapses between the first practice session for that team and the final contest or practice session for that same team during the established season of sport.
- C. Committed, comprehensive participation in all aspects (practice competition, etc.) of educationally based high school team and individual sports experience throughout the school/team's season of sport, provides for the maximum benefit to our student athletes. As a result, the priority for interscholastic student athletes must be practicing and competing with their high school team during the entire high school season of any sport.

Therefore, the following guidelines should be considered for the benefit of the student-athlete whenever the question of participation on an outside team during any high school sports season arises:

1. Students should attend school to receive an education first; athletic participation is secondary;
2. Student athletes who practice or compete with an outside team in any sport during their high school season of sport should insure that such dual participation during the high school season does not negatively affect their academic progress.
3. Student athletes who practice or compete with an outside team in any sport during their high school season of sport should ensure their commitment to their high school team, teammates and coaches is not infringed upon by their outside sport activities.
4. The CIF and its member schools expect that the priority and loyalty of the high school student should be given to the high school program because of the benefits of participation in a high school (educationally-based) athletic program.
5. At all times, in all programs, the student's health and safety, including level and duration of practice times/activities and competitions should be everyone's highest priority.
6. Participation in high school athletics (educationally-based athletics) is considered a privilege, therefore, Schools/Districts have the authority to establish minimum requirements and expectations for participation in their high school programs, including restrictions on missing practice or games for outside/club participation.
7. This bylaw shall not supersede any School/District/Section policies that may be more restrictive as per Article 2.(22).

601. PENALTIES FOR VIOLATION OF BYLAW 600

During the individual high school student's season of sport, if a student competes on an outside team that was coached by any member of that sport's high school coaching staff the following penalties will apply:

1. The student and the coach must sit out the number of contests equal to twice the number of contests of illegal outside competition in which the student and coach participated.
2. The contests impacted by the coach and student sit out requirements, must be the next regularly-scheduled contests for that team, following discovery of the infraction.
3. If necessary in order to meet this sit out requirement, these penalties shall be carried over to the next season of that sport for both the student and the coach.

A. Individual

- (1) First Offense in High School Career in Any Sport
The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.
- (2) Any Subsequent Offense in High School Career in Any Sport
The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.
- (3) Appeals
Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team

- (1) Games Forfeited
Games in which a student participated on his/her high school team after violation of Bylaw 600 shall be forfeited.
- (2) Appeals
Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

602. PAN AMERICAN, US PARALYMPICS OR OLYMPIC COMPETITION

During the high school season of sport, a high school student who has been selected or qualified for participation on the United States team, which will engage in Pan American, US Paralympics or Olympic competition, may participate on that team.
(Revised October 2008 Federated Council)

603. OLYMPIC DEVELOPMENT PROGRAMS

During their high school season of sport, a high school student who has been selected or qualified for an Olympic development program by the respective National Governing Body for that sport, shall be permitted to participate in such a program without loss of interscholastic eligibility, if the following conditions are met:

- A. The Olympic development program is:
 - (1) Verified as such by the State CIF; AND

- (2) a. Conducted or sponsored by the United States Olympic Committee; OR
- b. Directly funded and conducted by the U.S. national governing body for the sport on a national level; OR
- c. Authorized by a national governing body for athletes having potential for future national team participation; AND
- B. The student informs the high school principal at least 30 days prior to participating in the program; AND
- C. The principal verifies the authenticity of the program; AND
- D. The student makes prior arrangement to complete missed academic lessons, assignments and tests before the last day of classes of the semester in which the student's absence occurs.
- E. This bylaw was written with the intent that only individual student athletes that have been identified by the respective National Governing body for that sport, as having Olympic potential, would be eligible for this exemption of Bylaw 600. Individual student athletes who are members of a club team(s) consisting in whole or part of high school age athletes, participating in any competitions (e.g. Super Y League events, championships, etc.), even if the competition itself is labeled as an ODP event, that occur during the high school student's season of sport are not eligible for this exemption.

(Revised May 2007 Federated Council)

604. INTERNATIONAL COMPETITION

The Executive Director may grant approval, upon individual petition, for an athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States and the international governing body.

(Revised October 2008 Federated Council)

605. PROFESSIONAL TRYOUT

A student shall become ineligible for CIF competition if he/she participates in any tryout for a professional team in any CIF approved sport during the high school season of sport. The season of sport for a school is that period of time that elapses between the first interscholastic contest and the final contest in that particular sport.

NOTE: See Bylaw 1200 for CIF approved sports.

(Revised May 2009 Federated Council)

V.B.3.



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE - 4658 DOCKHORN DRIVE - SACRAMENTO, CA 95834 - PH: 916-239-4477 - FX: 916-239-4478 - WWW.CIFSTATE.ORG

To: Federated Council

Date: October 2, 2013

Re: Practice Time Allowance

Proposal Originated: CIF Sports Medicine Committee

Proposal Reviewed

6/2008 - CIF Sports Medicine Committee
9/18/2008 - New Events Committee
10/2/2008 - Executive Committee
10/6/2008 - Commissioner Committee
2/7/2009 - Federated Council Study Session

10/27/2009 - CIF Sports Medicine Committee
02/4/2013 - Federated Council Presentation
03/26/2013 - Sports Medicine Committee
05/02/2013 - Federated Council Policy Development

08/28/2013 - Commissioners Sub-Committee
09/09/2013 - Policy & Procedures Committee
09/10/2013 - Executive Committee
09/24/2013 - Sports Medicine Committee
10/02/2013 - Commissioners Committee
10/27/2013 - Executive Committee
10/28/2013 - Policy & Procedures Committee
10/28/2013 - Federated Council

Type: New Bylaw

Next: 10/27/2013 - Executive Committee

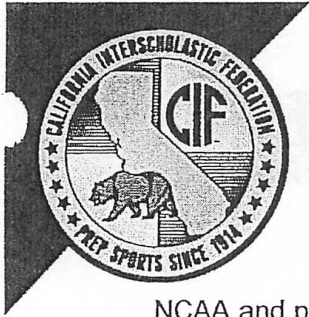
Proposal Summary: It is being recommended that the CIF institute bylaws that govern the amount of practice and contact time that student-athletes have with their education based coaches/teams. The purpose of this bylaw is to protect the emotional, academic, familial and physical health and well-being of student-athletes.

Fiscal Impact: None

Background: There has been significant discussion, both nationwide and within the CIF, regarding the amount of practice/contact time that students should have with their education based coaches. Many states across the U.S. have successfully implemented practice and contact time policies to benefit the health and welfare of their student-athletes. At both the

Proposal Recommendation

Proposed Bylaw
Revised and Forwarded Proposal
Revised and Forwarded Proposal
Forward Proposal
Returned Proposal - Position Statement
and Recommendation ONLY
Published as Position Statement
Bring back for more discussion
Proposed Bylaw
Reviewed - Revisions Requested
Send to Committee(s)
Forwarded Draft Proposal
Approved Revised Proposal 7-0
Approved Proposal with minor addition 9-0
Approved Proposal 14-0
Approved Proposal with Revision 10-0



ROGER L. BLAKE, EXECUTIVE DIRECTOR

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DOCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4478 • WWW.CIFSTATE.ORG

NCAA and professional levels, protections have been in place for several years and the CIF Sports Medicine Committee has again requested that the CIF put in place similar protections for our almost 800,000 student-athletes.

NEW

506 PRACTICE ALLOWANCE.

All practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 310):

On non-competition school days:

1. Single practice sessions shall not exceed three hours in duration.
2. Multiple practice sessions conducted in one day, shall not exceed a total of three hours for that day.

On non-competition non-school days:

1. Single practice sessions shall not exceed three hours in duration.
2. Multiple practice sessions:
 - no single practice session shall exceed three hours; AND
 - a total of all practice sessions conducted in one day shall not exceed a total of five hours for that day; AND
 - must include a minimum rest period of three hours between any two practice sessions.
3. Double day practices shall not be held on consecutive days.

In the sport of golf only, a team is allowed a maximum of two days per week of 18-hole practice rounds that may exceed the three-hour practice limit.

A. Definition of Practice: Interscholastic practice during the school year, exclusive of the curricular school day, is defined as:

- (1) Any school or team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
- (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, ~~weight training~~, chalk talks, film review, meetings outside of school time (excluding parent meetings); AND/OR
- (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.); AND/OR
- (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND/OR
- (5) Other mandatory activities (included, but not limited to study hall, tutorial sessions, ~~weight training~~, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in numbers 1, 2, 3, and 4 above.
- (6) Outside organization activity (club, etc.), shall not be used to circumvent these bylaws.

B. This bylaw shall not supersede any School/District/Section policies that may be more restrictive.

C. Penalties: Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

Frequently Asked Questions

QUESTION: *Is a school in-service day considered a school day?*

ANSWER: For purposes of 506, an in-service day does not count as a school day.

QUESTION: *We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?*

ANSWER:

(1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation.

(2) Zero period is considered part of the curricular day and does not count against the practice duration limitations.

QUESTION: *A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?*

ANSWER:

(1) Volleyball or Football: Yes. This activity done as a team or as an individual directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

(2) Cross Country: Yes. Obviously running is a primary practice activity specific to Cross Country as a sport this would count towards the practice duration limitations for that day.

QUESTION: *A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?*

ANSWER: Yes, this would be considered an activity under A.(3) above because it was required by the coach for his/her basketball team members. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.

QUESTION: *The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period. Does this count towards the practice duration limitations for that day?*

ANSWER:

(1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations.

(2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation.

(3) Zero period is considered part of the curricular day and does not count against the practice duration limitations.

QUESTION: *A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for the full three hours per day for volleyball and then another three hours per day for basketball, for a total of six hours of practice on any given day?*

ANSWER: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation.

Add more
Q & A
following
FC
discussion

Marysville Charter Academy for the Arts

Marysville Joint Unified School District

Tim Malone, Principal

A California Distinguished School



December 11, 2013

Board of Managers
CIF Sac-Joaquin Section
P.O. Box 289
Lodi, CA 95241

Application for Associate Membership

As Principal of the Marysville Charter Academy for the Arts (MCAA) I am hereby declaring our intent to apply for Associate Membership in the Sac-Joaquin Section of the California Interscholastic Federation. MCAA anticipates participating as an independent school for the 2014-2015 school year, not affiliating with a specific league.

The Marysville Charter Academy for the Arts anticipates offering the following sports for the 2014-2015 school year:

Received DEC 13 2013	Fall	Cross Country (Boys)	Varsity
		Cross Country (Girls)	Varsity
		Soccer (Boys)	Varsity
		Volleyball (Girls)	Varsity
	Winter	No Sports offered	
CIF Sac Joaquin Section	Spring	Golf (Boys)	Varsity
		Soccer (Girls)	Varsity
		Track & Field	Varsity

High School enrollment for the 2013-2014 school year is 215. Three-year projected high school enrollment for MCAA is 230.

It is the intention of the Marysville Charter Academy for the Arts to abide by all California Interscholastic Federation, Sac-Joaquin Section, and when applicable all league rules and regulations.

Thank you for your consideration of our request. Please contact me at (530) 749-6156 or tmalone@mjustd.com if you have questions or need additional information.

Sincerely,

Tim Malone
Principal

PRESIDENT
DEBBI HOLMERUD
Principal
Lincoln High School
6844 Alexandria Place
Stockton, CA 95207
(209) 953-8921
FAX: (209) 952-4646



COMMISSIONER
PETER J. SACO
CIF Sac-Joaquin Section
P.O. Box 289
Lodi, CA 95241
(209) 334-5900
FAX: (209) 334-0300
Web Site: www.cifsjs.org

Conflict of Interest Policy CIF Sac-Joaquin Section

This Conflict of Interest Policy of the CIF Sac-Joaquin Section: (1) defines conflicts of interest; (2) identifies classes of individuals within the Organization covered by this policy; (3) facilitates disclosure of information that may help identify conflicts of interest; and (4) specifies procedures to be followed in managing conflicts of interest.

1. Definition of conflicts of interest. A conflict of interest arises when a person in a position of authority over the Organization may benefit financially from a decision he or she could make in that capacity, including indirect benefits such as to family members or businesses with which the person is closely associated. This policy is focused upon material financial interest of, or benefit to, such persons.

2. Individuals covered. Persons covered by this policy are the Organization's officers, directors, Section Commissioner and the staff.

3. Facilitation of disclosure. Persons covered by this policy will annually disclose or update to the President of the Sac-Joaquin Section on a form provided by the Organization their interests that could give rise to conflicts of interest, such as a list of family members, substantial business or investment holdings, and other transactions or affiliations with businesses and other organizations or those of family members.

4. Procedures to manage conflicts. For each interest disclosed to the President of the Sac-Joaquin Section, the President will determine whether to: (a) take no action; (b) assure full disclosure to the Board of Managers and other individuals covered by this policy; (c) ask the person to recue from participation in related discussions or decisions within the Organization; or (d) ask the person to resign from his or her position in the Organization or, if the person refuses to resign, become subject to possible removal in accordance with the Organization's removal procedures. The Organization's chief employed executive (Section Commissioner) will monitor proposed or ongoing transactions for conflicts of interest and disclose them to the President of the Sac-Joaquin Section in order to deal with potential or actual conflicts, whether discovered before or after the transaction has occurred.

Signature

Date

Print Name

League Affiliation-Committee

PRESIDENT
DEBBI HOLMERUD
Principal
Lincoln High School
6844 Alexandria Place
Stockton, CA 95207
(209) 953-8921
FAX: (209) 952-4646



COMMISSIONER
PETER J. SACO
CIF Sac-Joaquin Section
P.O. Box 289
Lodi, CA 95241
(209) 334-5900
FAX: (209) 334-0300
Web Site: www.cifsjs.org

CIF Sac-Joaquin Section **Document Retention and Destruction Policy**

This Document Retention and Destruction Policy of the California Interscholastic Federation/Sac-Joaquin Section identifies the record retention responsibilities of staff, volunteers, members of the Board of Directors, and outsiders for maintaining and documenting the storage and destruction of the Organization's documents and records.

1. Rules. The Organization's staff, volunteers, members of the SJS Board of Managers and outsiders (i.e., independent contractors via agreements with them) are required to honor these rules: (a) paper or electronic documents indicated under the terms for retention below will be transferred and maintained by the Administrative staffs or their equivalent; (b) all other paper documents will be destroyed after three years except for financial statements and tax records which will be kept for 7 years and other record as indicated below; (c) all other electronic documents will be deleted from all individual computers, data bases, and network as archived automatically by the computer system; and (d) no paper or electronic documents will be destroyed or deleted if pertinent to any ongoing or anticipated government investigation or proceeding or private litigation.

2. Terms for retention.

a. Retain permanently:

Governance records - Charter and amendments, Bylaws, other organizational documents, governing board and board committee minutes.

Tax records - Filed state and federal tax returns/reports and supporting records, tax exemption determination letter and related correspondence, files related to tax audits.

Intellectual property records - Copyright and trademark registrations and samples of protected works.

Financial records - Audited financial statements, attorney contingent liability letters.

PERS-Documents related to the SJS PERS contract, any amendments made and original documentation when joining PERS.

b. Retain for ten years:

Pension and benefit records -- Pension plan participant/beneficiary records, actuarial reports, related correspondence with government agencies, and supporting records.

Government relations records - State and federal lobbying and political contribution reports and supporting records.

c. Retain for three years:

Employee/employment records - Employee names, addresses, social security numbers, dates of birth, INS Form 1-9, dates of hire and termination/separation, evaluations, compensation information, promotions, disciplinary matters, time/payroll records, leave/comp time/FMLA, engagement and discharge correspondence,

Lease, insurance, and contract/license records - Software license agreements, vendor, hotel, and service agreements, independent contractor agreements, employment agreements, consultant agreements, and all other agreements (retain during the term of the agreement and for three years after the termination, expiration, non-renewal of each agreement).

d. Retain for one year:

All other electronic records, documents and files - Correspondence files, past budgets, bank statements, publications, employee manuals/policies and procedures, survey information.

3. Exceptions. Exceptions to these rules and terms for retention may be granted only by the Organization's chief staff executive or President of the SJS Board of Managers.

PRESIDENT
DEBBI HOLMERUD
Principal
Lincoln High School
6844 Alexandria Place
Stockton, CA 95207
(209) 953-8921
FAX: (209) 952-4646



COMMISSIONER
PETER J. SACO
CIF Sac-Joaquin Section
P.O. Box 289
Lodi, CA 95241
(209) 334-5900
FAX: (209) 334-0300
Web Site: www.cifsjs.org

CIF-SJS WHISTLE BLOWER POLICY

The CIF Sac-Joaquin Section (SJS) requires employees to observe high standards of ethical behavior in the conduct of their duties and responsibilities. As representatives of the SJS, all such person must practice honesty and integrity in fulfilling their responsibilities and they must comply with all applicable laws and regulations.

It is the responsibility of all employees to report material or suspected violation in accordance with this Whistleblower Policy

No Retaliation

No employee who in good faith reports a violation shall suffer harassment, retaliation or adverse employment consequences. An employee who retaliates against someone who has reported a violation in good faith is subject to discipline up to and including termination of employment. This Whistleblower Policy is intended to encourage and enable employees to raise serious concerns as expeditiously as possible within the SJS, rather than remaining silent or seeking resolution outside the SJS.

SJS Compliance Officers

The SJS's Compliance Officers (the President, Past President and President Elect) are responsible for investigating and resolving all reported allegations concerning financial impropriety and shall promptly advise the SJS Board of Managers of such allegations and of their findings. In addition, they are required to report to the Board at least once annually on compliance activity. Their names and contact numbers will be posted in the SJS Office and website.

Accounting and Auditing Matters

The SJS Compliance Officers, when performing its audit oversight functions, is charged with addressing all reported allegations of impropriety regarding corporate accounting practices, and internal controls of auditing. The Compliance Officers shall promptly notify the SJS Board of Managers of any such allegations and the Compliance Officers will report back once the matter is resolved.

Acting in Good Faith

Anyone making an allegation concerning a violation or suspected impropriety must be acting in good faith and have reasonable grounds for believing the information disclosed indicates an impropriety. Any allegations, which prove to have been made maliciously or knowingly false, will be viewed as serious disciplinary offenses.

Confidentiality

Allegations of impropriety may be submitted on a confidential basis by the complainant or may be submitted anonymously. Such allegations will be kept confidential to the extent possible, consistent with the need to conduct an adequate investigation. Any anonymous allegation must provide sufficient

supporting data to permit meaningful follow up. Anonymous allegations that are vague, ambiguous or unsupported will be disregarded.

Handling of Reported Violations

The Compliance Officers will acknowledge receipt of non-anonymous allegations as soon as possible after receipt of such allegations. All reports will be promptly investigated and appropriate corrective action will be taken if warranted by the investigation.

Complaints from individuals outside the membership ranks of the SJS

Allegations of impropriety may be submitted on a confidential basis by a complainant from outside the organization or may be submitted anonymously. Such allegations will be kept confidential to the extent possible, consistent with the need to conduct an adequate investigation. Any anonymous allegation must provide sufficient supporting data to permit meaningful follow up. Allegations made by any person, or anonymously, are vague, ambiguous or unsupported will be disregarded.

The Compliance Officers will acknowledge receipt of non-anonymous allegations as soon as possible after receipt of such allegations. All reports will be promptly investigated and appropriate corrective action will be taken if warranted by the investigation