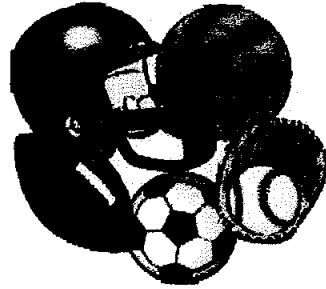


CLOVIS UNIFIED SCHOOL DISTRICT

2024-2025 ELEMENTARY ATHLETIC HANDBOOK



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ELEMENTARY ATHLETICS COMMITTEE

PURPOSE

The Elementary Athletics Committee (EAC) shall have the responsibility for the operation and maintenance of policies and procedures of all elementary athletic programs. The EAC has taken a firm position that academics must be the first priority for all students and that coaches should adjust accordingly to allow students to participate in both academics and athletics. The EAC strongly views athletics as a support to the overall educational program that provides critical "connectedness" for many of our students. The EAC also believes that we must protect our district culture of educating students in mind, body and spirit while retaining our core beliefs and values as our district continues to grow.

EAC Members:

Bobby Mammen - Commissioner
 Jennifer Arruda
 Andy Bolls
 Thomas Brocklebank
 Greg Brown
 Bill Buettner
 Aaron Cook
 Randy Floyd
 Joe Frates
 Ryan Gettman
 Juan Prieto
 Laura Reynolds
 Angela Watts
 Gordon Zante

COMMISSIONER

The Coordinator of the Sports and Recreation Department (the Assistant Superintendent, Educational Services designee.) will function as Commissioner and work in conjunction with EAC members and district administration to address elementary athletic issues and concerns.

MEETINGS

The EAC will meet approximately two weeks prior to the beginning of each athletic season and as deemed necessary by the Commissioner.

RULES AND POLICY CHANGE PROCEDURES

1. All recommended rule and policy changes must be processed through and approved by the EAC.
2. A simple majority from a quorum of the EAC will constitute action as approved by the Commissioner.
3. Athletic events may be added to existing schedules by Area Assistant Superintendents as approved by the Commissioner.

PROTEST COMMITTEE COMPOSITION AND GUIDELINES

The Protest Committee will be comprised of **five** EAC members, representing each Area via a combination of administrators and coaches. To ensure consistency between seasons of sport, committee members will serve for a minimum of one full year. The role of the Protest Committee will be to review concerns and protests and make appropriate recommendations for disciplinary action to the EAC. The Protest Committee does not review concerns and protests related to student elementary athletic eligibility. The Commissioner will work with Area Assistant Superintendents to ensure consistency in enforcement of disciplinary recommendations. Protest Committee members and chair will be appointed by the Commissioner.

Football	5 th and 6 th grade girls/boys
Volleyball	5 th and 6 th grade girls/boys
Basketball	5 th and 6 th grade girls/boys
Wrestling	4 th , 5 th and 6 th grade girls/boys
Track	4 th , 5 th and 6 th grade girls/boys
Softball	5 th and 6 th grade girls
Baseball	5 th and 6 th grade boys

- Violations of rules 3, 4, & 5 shall be submitted to the EAC Protest Committee. Any violation could result in suspension of the coaches or game forfeiture.
- All participants and the participants' parent or guardian must fill out the Concussion Information Sheet, Sudden Cardiac Arrest Information Sheet and Opioid Factsheet and turn it in to the site prior to participation in practice or competition for any sport. This should be included with the permission slip, etc.

PRACTICE SESSIONS

- All Clovis Unified elementary coaches, including walk-on volunteers, must adhere to policies regarding CUSD elementary sports practices and game scheduling. If a coach with his/her athletes participates in any outside activity related to the sport they are currently coaching, this represents concurrent athletic participation and constitutes a violation of allowed practice sessions. Participation in any CUSD sponsored athletics that extends beyond CUSD elementary practice and game guidelines IS NOT PERMITTED UNLESS THE ACTIVITY IS APPROVED by the Commissioner or Assistant Superintendent of Educational Services. Any exception must be approved by the Commissioner or Assistant Superintendent of Educational Services. A practice session is defined as having a coach or any other individual supervise or organize practice activities under game conditions. All practices will be conducted after the conclusion of the normal school day. **Practices may NOT be held during staff development, minimum days or Wednesday Early Release / Prep Time.**
- Practice for any sport shall begin no sooner than the Monday after the scheduled Dead Week that follows each season. No practice session shall begin before the official opening of school in August. Practices shall be conducted only on days school is in session.

The only exceptions are during the Thanksgiving, winter and spring recess. The restrictions for these VOLUNTARY practices are:
Thanksgiving recess may have three (3) hours of practice maximum.
Winter recess may have five (5) hours of practice maximum.
Spring recess may have three (3) hours of practice maximum.
- "Informal" contacts with team members -- Coaches may not engage in any type of informal play, drills, walk-through or other forms of practice with team members, including during recess breaks, lunch-time recess periods and intramural activities. Coaches are allowed to hold weigh-ins and chalk talks during such time periods.
- Summer school sports should not be construed as appropriate for practice. There shall be no tackle football during summer school.
- No practice will be conducted during the time classes are normally in session. All sports may only conduct meetings and issue uniforms during recess periods. Coaches may not engage in organized recess or other informal practice play with team members at any time, during season or in the off-season.
- The maximum number of hours of practice per week for all sports during the season shall not exceed three (3) hours per week but not to exceed more than 1 ½ hours per day (See example below).** Exceptions: Teams with scheduled byes or postponements may practice on those days.
- Fall, winter, and spring athletics may practice four (4) hours per week, but not to exceed more than 1 ½ hours per day,

EAC Protest Committee in accordance with all related rules and regulations.

RULES FOR STUDENT PARTICIPATION IN TRAVEL CLUBS AND CAMPS

Whether run by CUSD coaches or outside agencies, students cannot be required to take part in travel clubs and camps as part of the criteria for participation in elementary athletic teams. This does not include Area tournaments or other events sanctioned by Area Assistant Superintendents. Rule 12, pg. 8 of the Elementary Handbook states, "Athletic events may be added to existing schedules by the Area Administrators and/or the EAC with the approval of the Commissioner or Assistant Superintendent of Educational Services." Off-season participation in such travel clubs and camps is acceptable if it does not constitute a violation of EAC policy.

MONITORING OF PRACTICE SCHEDULES – RULE ENFORCEMENT AND RELATED CONSEQUENCES

Principals are expected to monitor practice schedules as well as appropriately enforce all rules and policies pertaining to athletics. Violations of policy and/or rule infractions will be reported to members of the Protest Committee. The role of the Protest Committee will be to review protests and make appropriate recommendations for disciplinary action to the EAC.

VIDEOTAPING – Videotaping practices or games for scouting purposes of future opponents is prohibited.

DISTRICT CHAMPIONSHIPS

- All team sport seasons (Volleyball, Football, Basketball, Softball and Baseball) will end with a District Championship or Cross Area game. Volleyball, Basketball and Softball will play an eight-team tournament to determine the District Champion. The five Area champions plus three wild card teams (pre-determined by draw) will make up the eight-team tournament. In Football and Baseball, the five Area champions plus one wild card team (pre-determined by draw) will play one "bowl game" that will result in three overall champions. In the case of Co-Area Champions, tie-breaking criteria will be used to determine the representative. If three schools have the same record at the end of the regular season, the tie breaking criteria will be used. Once a winner is determined, the remaining schools will start over from the first criteria and work through all points until a winner is decided. All other teams will play a school from another Area in the seventh week of competition. Teams will be matched up by record.
- The individual sports (Cross Country, Wrestling and Track) will honor champions as outlined below:
 - Cross Country:** The top team in each Area (7 athletes per team maximum) and three runners from each of the remaining schools compete in the District Cross Country Championships. The fastest six (6) runners in each division receive medals, 7th – 25th receive ribbons. Team points will be kept, and a District Champion will be determined.
 - Wrestling:** The top 3 qualifiers from each area compete in the Y's Men's District Wrestling Championships. The six top wrestlers in each weight division receive medals. Team Points will be kept, and a District Champion will be determined.
 - Track:** The top 3 qualifiers from each Area compete at the District Championships. The top six in each event receive medals. Team points will be kept, and a District Champion will be determined.
- Charging an admission fee is allowed for district championships. The allowable fee is \$3.00 for adults, \$2.00 for seniors, and \$2.00 for children.

WEATHER CONDITIONS

When site principals are not in agreement, the Commissioner and Area Superintendents will have the final determination pertaining to the cancellation and rescheduling of games due to extreme weather conditions.

COACHES' TRAINING AND EVALUATIONS

Under the direction of the EAC, site principals shall be responsible for the training and evaluation of all head coaches.

CANCELLED GAMES

Every effort must be made to play scheduled games. If weather conditions prevent make-ups, a double forfeit will result, subject to review by the Area Superintendent.

FOOTBALL

GENERAL INFORMATION

1. All competition will be according to Elementary Athletic Committee rules and guided by CIF high school rules, with some exceptions.
2. Field sizes will be 40 by 80 yards with 10-yard end zones.
3. Hash marks will be marked 13 yards from the sidelines.
4. Fields will be lined G, 10, 20, 30, 40, etc.
5. Scales may be calibrated at the Best Weight & Scale Co. 2728 N. Sunnyside, Fresno 291-2592.
6. All poles, permanent and temporary, including football down and chain markers **must be padded** to help prevent injury. The temporary volleyball poles are staked and tied and can cause injury. They can be covered with pipe insulation at nominal cost. The markers must have rubber tips to help prevent accidental spearing of an athlete.

ACCLIMATION

It is MANDATORY for each school to conduct physical conditioning/practice/ACCLIMATION program for prospective members of its elementary football team for 5 days. Such conditioning/practice/ACCLIMATION may include calisthenics, rule sessions, and chalk talks.

Day 1 - Footballs and football shoes are permitted equipment

Days 2 & 3 – Footballs, football shoes, and helmets are permitted equipment

Days 4 & 5 – Footballs, football shoes, helmets, and shoulder pads are permitted equipment

BEGINNING ON THE 6TH DAY, ALL PROTECTIVE EQUIPMENT MAY BE WORN AND FULL CONTACT MAY BEGIN.

Each prospective team member must go through acclimation process when they begin the season. If someone comes out after the first day, their acclimation clock begins on the individual's first day.

RULES

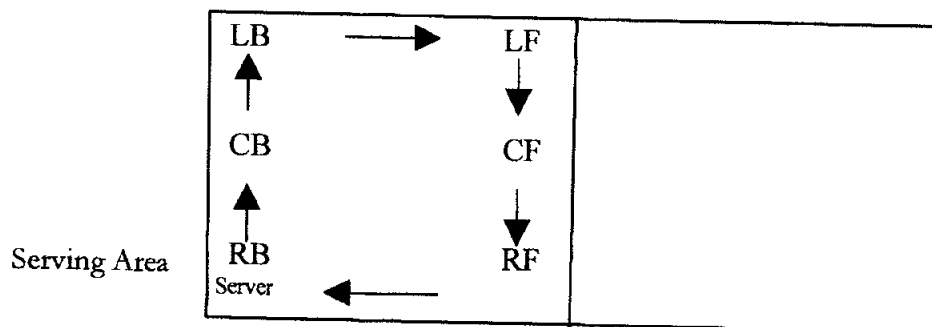
1. Fall athletic rosters are due on Monday, September 23, 2024.
2. Coach's sideline restriction expands to the 20-yard line on either side.
3. Kick-off will be from the 30-yard line.
4. Quarters will be six (6) minutes in length, non-running time. **Varsity football shall begin at 2:30, JV game to be finished at 4:15.**
5. The referees will keep time. Stopwatches will be furnished by the home team.
6. Scoring: 6pts for a touchdown and the two-point conversion.
7. Junior-sized footballs, elementary 10-12 age appropriate, shall be the official ball.
8. **Weight limit with uniform, (except helmet) is 144 pounds maximum and 60 pounds minimum for the season.**
9. All scales must be calibrated on a yearly basis. Scales may be calibrated at the Best Weight & Scale Co. 2728 N. Sunnyside, Fresno 291-2592.
10. Each player shall have one chance to be weighed at the game site immediately prior to the beginning of the game, in

BOYS & GIRLS VOLLEYBALL

GENERAL INFORMATION

1. All competition will be according to Elementary Athletic Committee and guided by CIF rules, with some exceptions.
2. Court surface: Blacktop or Grass, Court Dimensions: 30' x 60' with a 10' attack line Net Height: 7'
Home team shall notify all opponents, **PRIOR TO THE SEASON**, of the surface.
3. All poles, permanent and temporary, must be padded, to help prevent injury. The temporary volleyball poles are staked and tied and can cause injury. They can be covered with pipe insulation at nominal cost.
4. Composite leather volleyballs shall be the official ball used in elementary competition.
5. Teams should split court time 12 minutes prior to the start of the game. At the 12-minute mark, the home team gets 6 minutes of court time alone. At the 6-minute mark, the visiting team gets 6 minutes of court time alone.

Court Diagram (will appear when printed)



RULES

1. Fall athletic rosters (girls volleyball) are due Monday, September 23, 2024. Spring athletic rosters (boys volleyball) are due Monday, March 3, 2025.
2. There are six (6) players on each team.
3. Rotation of players is made only after the opposing team loses the serve. Each player moves to a new position, as indicated on diagram. Server continues serve until serving side has been put out (called a side-out).
4. Rally Scoring – A point is scored each time the opponent violates a rule. A game is 25 points with at least a two-point advantage. Play continues until the two-point advantage is achieved. The visiting team shall serve to begin the match. The home team shall serve to begin the second game. Teams will change courtsides for game two. A match is defined as when a team has won two of three games.
5. If a third game is necessary, a coin toss shall determine choice of serve or side. Teams will switch sides when the first team reaches 8 points. The third game is 15 points with a two-point advantage.
6. The server shall stand with feet behind the base line.
7. A legal serve is contact with the ball to initiate play in which the ball is hit by one hand, fist, or arm of the server while the ball is held, or after it has been tossed up into the air by the server. Failure to hit the ball

This game is for fun, please do not report it as part of the game result.)

- a. 1st tie breaker – League wins – Adopted 1/31/24.
- b. 2nd tie breaker – Head-to-Head Result
- c. 3rd tie breaker – Minimum number of sets
- d. 4th tie breaker – Coin Flip
- e. For a three-way tie: Use the above criteria until one team is eliminated then start the criteria over for the two remaining teams.

9. Non-participants shall not aid a runner in any way, i.e., pacing, water, towels, etc. Verbal encouragement is not considered an aid.

10. Participants must wear shoes.

CROSS COUNTRY CHAMPIONSHIPS

Team Points will be kept to determine a District Champion. Individual athlete recognition will be at an end of the season district meet. The divisions are 4th grade girls, 4th grade boys, 5th & 6th grade girls & 5th & 6th grade boys. The league champions and 2nd place finishers in each division may send 7 runners to the district meet (if you have 2 schools that are tied for second place and did not run against one another you can send 3 schools from that area). Schools that did not finish in the top 2 from each area may send their best three (3) athletes in each division. Individual medals will be awarded to the top 6 placers and ribbons for the 7th - 25th places. **The order of races for the Individual championships will be 4th Girls, 4th Boys, 5/6 Girls, 5/6 Boys. Adopted 11/1/23.**

OFFICIALS

1. The STARTER and REFEREE place the teams in proper position on the starting line. They give needed instructions before the race and start the race. They make final decisions concerning questionable points and disqualify any runner for unsportsmanlike conduct, or for any flagrant violation of the rules.
2. The FINISH JUDGES stand outside the chute and on the finish line and determine the order in which runners enter the chute. Their decision is final.
3. The CHUTE INSPECTORS supervise the runners after they enter the chute and see they are properly checked to prevent any irregularity in the order of finish. They see that any runner who crosses the finish line is given his proper order as the contestants go through the chute. Some officials instruct contestants in the chute to place a hand on the shoulder of the one in front of them to prevent gaps in the line.
4. The PLACE CHECKER gives a place card to each finisher with a number on it corresponding to the place of finish.
5. The TIMER records the time of all runners.
6. The SCORE KEEPER records the following information on the score sheets:
 - a. Name and school of each finisher corresponding to his place of finish.
 - b. Record the times of each finisher corresponding to their place of finish.
 - c. Add the place of the first five (5) finishers for each team.
 - d. **The team with the lowest point total will be declared the winner.**
7. The COURSE INSPECTORS observe the activity of the runners. If any runner fails to run the proper course or otherwise violates the contest rules, the inspectors report the infraction to the referee.

11. **Wrestlers have one chance to weigh-in. If a wrestler steps on the scale during the official weigh-in, they make weight or not.**
12. Scales shall be provided by the host school.
13. Wrestlers with mouth braces **must wear a protective mouthpiece.**
14. 4th grade wrestlers may wrestle in all weight divisions.
15. All Varsity wrestlers shall have their exact weight listed on the official score sheet.
16. **Head gear is required for all wrestling activities.**
17. **All mats must be sanitized prior to all practices and competitions to prevent the spread of communicable diseases. If a wrestler contracts such a disease the affected wrestler may not wrestle until cleared by a doctor.**
18. Three (3) periods, each one (1) minute in length for Varsity matches shall constitute a match. Junior Varsity matches shall be three (3), 30 second rounds.
 - a. First period: both wrestlers start in neutral position (standing).
 - b. Second period: one wrestler is given option to take position of either advantage (top), defensive (bottom), neutral or deferring to the opponent.
 - c. Third period: Start shall be the reverse of the second period.

19. **OVERTIME**

- a. At the beginning of each match, the scorer will circle the "First" point scored.
- b. At the conclusion of regulation time, if the score is tied, there will be a 1 Minute Sudden Victory round. If still tied, two (2) 30 second rounds will be wrestled. Each round will be wrestled to its entirety (a pin always ends the match). A coin toss shall determine choice of position. The winner will have choice of "Top, Bottom, or Defer." The other wrestler will be given choice of "Top or Bottom" in the second (30 sec.) round. If still tied, the "Ultimate" tie breaker will be one 30 second period. Choice of "Top or Bottom" will be given to the wrestler who scored the first point in the match. If no points were scored, a coin toss shall determine position. If the top wrestler "rides" the opponent for the 30 seconds, he will be given one (1) point and the match is over.

Wrestling shall continue as long as the supporting points of either wrestler remain inbounds. The supporting points are those which bear the wrestler's weight, exclusive of those parts which the wrestler holds of the opponent.

20. Fall or near-fall points can never be awarded when the defensive wrestler's shoulders are out-of-bounds, but wrestling shall continue.
21. Coaches are restricted to the bench while the clock is running and during normal out-of-bounds and resumption wrestling. During this time, the coach may walk behind the team bench to encourage his wrestler or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area, provided it is away from the mat. The coach may approach the official's table to request the match be stopped to discuss possible misapplication of a rule. The coach may move toward the mat only during a charged time-out or at the end of the match. The first offense will result in a warning. A reoccurrence will be penalized as misconduct.

WRESTLING CHAMPIONSHIPS

1. League championships will be determined at the end of the Area Tournament and District Championships will be determined at the Y's Men's Tournament.
2. Individual athlete recognition will be at an end of the season Y's Men's Tournament. Each league will qualify 3

INFRACTIONS

	Warning	1 st Penalty	2 nd Penalty	3 rd Penalty	4 th Penalty
<i>Illegal Holds</i>	no	1 point	1 point	2 points	DQ
<i>Unnecessary roughness</i>	no	1 point	1 point	2 points	DQ
<i>Technical Violation</i>	No	1 point	1 point	2 points	DQ
<i>Stalling</i>	Yes	1 point	1 point	2 points	DQ
<i>Misconduct</i>	Yes	1 team point	DQ		
<i>Unsportsmanlike Conduct</i>	No	1 team point	1 team point & removal from premises		
<i>Flagrant Misconduct</i>	No	DQ, 2 team points, and eliminated from further competition.			

Offenses included but are not limited to intentional biting, striking, butting, elbowing, or kicking an opponent.

TEAM SCORING

1. Dual-Meet scoring

<u>Match Result</u>	<u>Point Value</u>
Fall	6
Forfeit	6
Default	6
Technical Fall (15+ <i>point</i> advantage)	5
Major decision (8-14 points)	4
Decision	3

2. Area Championship Tournament team scoring

<u>Result</u>	<u>Point Value</u>
First Place	14
Second Place	10
Third Place	7
Fourth Place	4
Advancement (Championship Bracket)	2
Advancement (Consolation Bracket)	1
Fall, Default, Forfeit, Disqualification	2
Technical Fall	1 1/2
Major Decision	1

CSOA WRESTLING OFFICIALS GUIDELINES FOR ELEMENTARY SCHOOL WRESTLING

1. A tight-fitting, short-sleeved shirt *may* be worn under the singlet, unless there are special circumstances (official's permission required).
2. Laces do **NOT** have to be taped.
3. Wrestlers will **NOT** be penalized for "illegal" starting position. They will be corrected by the official; this *includes* false starts.
4. Teeth guards **are required ONLY** on the teeth with braces (upper or lower or both-if braces are on the top and bottom). This teeth guard **must be presented to the official at the time of groom check and the start of the match. NO EXCEPTIONS!**
 - A one (1) point penalty will be assessed for the opposing wrestler at the start of the match and injury time will be recorded.
5. Only two (2) coaches per corner.
 - In dual meets, coaches will be seated with their team on the bench and not in the corner.
 - In tournaments, coaches are **REQUIRED** to sit in the corner. There must be chairs for them (provided by the tournament host).

BASKETBALL

GENERAL INFORMATION

1. All competition will be according to Elementary Athletic Committee and guided by CIF rules, with some exceptions.

RULES

1. Winter rosters are due Monday, December 9, 2024.
2. The basketball hoops shall be set at ten (10) feet.
3. The official ball shall be intermediate size.
4. The game shall consist of four (4) six-minute, **non-running quarters**, with a one (1) minute rest period between quarters and at least five (5) minutes between halves. Time out is one (1) minute. **Varsity Boys Basketball games will begin at 2:15pm and Varsity Girl Basketball games will follow at 3:15pm. TIE GAMES**, one extra period of three (3) minutes will be played. If a winner is not decided in the overtime period, the contest will end in a tie.
5. Visiting team chooses basket. Teams shall exchange goals at the end of the first half.
6. Unlimited substitution after a foul, violation, or time is called. The official must beckon substitute onto the court before entering the court.

The game and each extra period shall start with a jump ball at the center circle. Players must remain outside the circle's vertical plane until the ball is tapped. Jumpers must wait until the ball reaches its highest point and can tap the ball twice but cannot touch the ball again until it touches a non-jumper or the floor. In all other jump ball situations, the teams will alternate taking the ball out of bounds for a throw in. The team **not** obtaining control of the ball will start the alternating possession procedure.

8. A Held ball is declared when two (2) opposing players have one or both hands firmly on the ball. Two (2) players of the same team can never cause held ball. When a closely guarded player anywhere in the front court holds the ball for five (5) seconds, or a closely guarded player combines dribbling and holding the ball for five (5) seconds, it is a violation, defense out of bounds.
9. Field goals count two (2) points. Fouls shots count one (1) point.
10. After a field goal, and after the last successful foul shot, the ball is put into play by the team scored upon by a throw-in from any point along the end line.
11. Except for a player control foul, a free throw or throws shall be attempted by the offended player for all personal fouls unless injured or disqualified. Opponents of the free thrower must occupy the spaces adjacent to the end line on both sides of the lane. A technical foul shot can be taken by any player of the opposing team. The free throw lane positions are not occupied for a technical foul.
12. Timing
 - a. The clock will start when the jumper legally taps the ball on a jump ball; when a player in court touches throw-in and when the ball touches or is touched by a player on the court following a missed free throw and the ball is to remain alive.
 - b. The clock is stopped when a foul or violation is called, when a jump ball is declared or when a team or official takes time out.
 - c. There are four (4) time outs per game.

body into an other than normal position. To further reduce free throws, the ball will be awarded to the offended team at the nearest out-of-bounds spot whenever a common foul is committed prior to the bonus rule going into effect after the sixth foul. This shall eliminate all the single free throw attempts for common fouls in each half, prior to the bonus rule applying. To correctly apply this rule change, one must remember that a common foul is a personal foul which is not flagrant, not intentional, nor executed against an opponent trying for a field goal, nor part of a double or multiple fouls. The player committing the foul is assessed with a personal foul.

NOTE: A player is in the act of shooting from the time the shot is started until the ball leaves the hand.

- c. Double foul - No free throws are awarded for double foul; alternating possession will be in effect.
 - d. Disqualifying foul - Penalty is removal from game for any flagrant (deliberate) personal or technical foul. The fifth personal foul disqualifies.
 - e. Technical fouls - Penalty is two (2) free throws by any player of the other team and awarding the ball out-of-bounds at mid-court for a throw-in, regardless of whether the free throw is successful. Technical fouls are for delaying the game, excess time-outs (four (4) permitted to each team during game), disrespect to an official, failure to raise hand after a personal foul is called upon the player, using profanity, baiting opponents, including waving hands near opponents' eyes, substitute failing to be beckoned onto court, or other unsportsmanlike tactics. Two (2) free throws are awarded for a flagrant technical foul, plus disqualification and for fouls committed by bench personnel. Technical fouls count towards bonus and for total five fouls disqualification. Two technical fouls on a player or coach is a disqualification.
15. District championship tournament will include the five Area champions and the second-place teams from the Buchanan, Clovis North, and Clovis West Areas for the girls and the Buchanan, Clovis High, and Clovis West Areas for the boys. *(See wild card rotation on page 47)*
16. The order of the tie breakers will be as follows: league record, head-to-head result, point differential in other games (we will use an 8-point differential in case of two teams still tied after the first two tie breakers. You must win the game by 8 points to get credit in the tie breaker. As long as you beat a team by 8 points or more, you get credit in the tie breaker. If you beat a team by less than 8, you don't get credit for that game. Beating a team by more than 8 points doesn't factor into the tie breaker – please do not run up scores.) If teams are still tied after this tie breaker, we will use a coin flip to determine the play-off participant.
- a. 1st tie breaker – League wins – Adopted 1/31/24
 - b. 2nd tie breaker – Head-to-Head Result
 - c. 3rd tie breaker – How many 8+ point spread games – Adopted 1/31/24
 - d. 4th tie breaker - Coin Flip
 - e. For a three-way tie: Use the above criteria until one team is eliminated then start the criteria over for the two remaining teams.

surface during practice and all games. Offensive players, including the on-deck batter, and players acting as coaches in the coach's box, must properly wear double ear flap NOCSAE approved batting helmets. All batting helmets shall be equipped with chin straps. All batting helmets shall be equipped with a securely fastened NOCSAE approved face mask/ guard. Batting helmets that are broken, cracked, dented, or that have been illegally altered are prohibited from use.

- a. Catchers shall wear a protective mask, including throat protection, headgear, and shin guard during games, practice and warm-up.
 - b. New purchases of batting helmets shall be equipped with approved protective face masks and chin straps in accordance with the ASA under 12.
14. District championship tournament will include the five Area champions and second place teams from the Buchanan, Clovis North, and Clovis West (see wild card rotation on page 47). All District Championship games will be played out for the full five innings. If extra innings are needed, the game will be played until a winner is decided.
15. Tie breakers in Softball and Baseball will be as follows:
- a. 1st tie breaker – League wins – Adopted 1/31/24.
 - b. 2nd tie breaker – Head-to-Head Result
 - c. 3rd tie breaker – How many 8+ point spread games – Adopted 1/31/24.
 - d. 4th tie breaker – Coin Flip
 - e. For a three-way tie: Use the above criteria until one team is eliminated then start the criteria over for the two remaining teams.

12. The bat **MUST** have the USA Baseball Stamp on it. (See Stamp below)



13. CUSD approved protective head gear shall be worn while at bat, as a base runner, and while out of the dugout on the playing surface, during practice and all games.
- Catchers shall wear a protective mask, including throat protection, headgear, shin guard and cup, during games, practice and warm-up.
14. Time between innings shall be approximately one (1) minute. Maximum warm-up pitches shall be five (5).
15. Sliding - Players should be instructed to slide properly to avoid injury to themselves and the fielders. If a runner at any base, except first, does not slide or make an obvious attempt to avoid a collision, the runner will be declared out.
16. District play-offs will include the five Area champions and the second-place team from the Clovis East Area. *(See wild card rotation on page 47)* **All District Championship games will be played out for the full five innings. If extra innings are needed, the game will be played until a winner is decided.**
17. Tie breakers in Softball and Baseball will be as follows:
- 1st tie breaker – League wins – Adopted 1/31/24.
 - 2nd tie breaker – Head-to-Head Result
 - 3rd tie breaker – How many 8+ point spread games – Adopted 1/31/24.
 - 4th tie breaker – Coin Flip
 - For a three-way tie: Use the above criteria until one team is eliminated then start the criteria over for the two remaining teams.

HEAT EXHAUSTION /HEAT STROKE

Heat exhaustion is most common and is due to lack of body fluids. Heat Stroke is life-threatening and occurs when the body is overwhelmed by heat. Strenuous activity in the heat may cause heat-related illness. See signs & symptoms of heat emergencies below.

Spending too much time in the heat may cause heat emergencies.

Heat emergencies can be life-threatening situations.

Is person unconscious or losing consciousness?

NO

YES

- Move person to a cooler place
- Have person lie down
- Elevate feet
- Loosen or remove clothing
- Fan person

- Quickly remove person from heat to a cooler place
- Put on side to protect airway
- Look, listen and feel for breathing. If not breathing, see "CPR"

Are any of the following happening:

- Hot, dry, red skin?
- Vomiting? Fever?
- Confusion, dizziness?
- Rapid shallow breathing?

YES



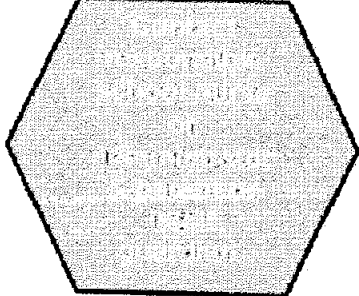
CALL EMS 9-1-1

NO

- Give clear fluids frequently (water, sport drink, etc.) in small amounts, if fully awake and alert.
- If condition improves, may return to class. NO PE.
- If no improvement, person **NEEDS IMMEDIATE MEDICAL CARE**

Cool rapidly by completely wetting clothing/skin with room temperature water.
DO NOT USE ICE WATER.

Signs & Symptoms of Heat Related Injury	
Heat Exhaustion	Heat Stroke
• Cool, moist, pale skin	• Red, hot, dry skin
• Weakness & fatigue	• High temperature
• Sweating, headache	• Rapid, weak pulse
• Vomiting, nausea	• Rapid, shallow breathing
• Confusion, dizziness	• Seizure
• Muscle cramping	• Loss of consciousness



CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

CONCUSSION

A Fact Sheet for Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?

Basesteps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or grumpy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

REPORT IT. TELL YOUR COACH – TELL YOUR PARENTS! Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

GET CHECKED OUT. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

TAKE TIME TO RECOVER. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit www.cflhs.org/health_safety/ & www.cdc.gov/concussion/



Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise.
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>



KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.

RX

Be Informed!

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.

IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- Never take opioids in greater amounts or more often than prescribed.
- Follow up with your primary health care provider as directed.
 - ◊ Work together to create a plan on how to manage your pain.
 - ◊ Talk about ways to help manage your pain that don't involve prescription opioids.
 - ◊ Talk about any and all concerns and side effects.
- Help prevent misuse and abuse.
 - ◊ Never sell or share prescription opioids.
 - ◊ Never use another person's prescription opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou).
- Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- If you believe you may be struggling with addiction, tell your health care provider and ask guidance or call SAMHSA's National Helpline at 1-800-682-HELP.

ACKNOWLEDGEMENT

I hereby acknowledge that I have received the Opioid Factsheet. I have read and understand its contents.

Print Student/Athlete's Name

Student/Athlete's Signature

Date

Parent or Guardian's Name

Parent or Guardian's Signature

Date

LEARN MORE |

Clovis Unified School District
1450 Herndon Avenue
Clovis, CA 93611

WAIVER, RELEASE AND INDEMNITY AGREEMENT ASSUMPTION OF RISK FOR USING PERSONAL EQUIPMENT

Participant: _____


Equipment for Waiver: _____
(List type of equipment [helmet and/or catcher's gear], manufacturer, color)

School: _____ Sport: _____

Season of Sport: _____

****All equipment must match the school issued equipment in color and any cost to match the color of school issued equipment will be up to the individual and not the district.***

By my signature below, I hereby give permission for my son/daughter to use our own personal equipment. We have fully inspected this equipment and the equipment is free of any damage and does not have any cracks, padding is intact, and all proper safety certifications are in place and up to date. We understand that this equipment is our own personal equipment and we accept all liability for using this equipment. In addition, if this equipment is damaged or lost, we fully understand that the district is not responsible for replacement of the equipment. We understand that at anytime the coach, school, or district, for any reason, can nullify this waiver and not allow the student to use this equipment. The undersigned fully acknowledges the District assumes no responsibility for this equipment.

For and in consideration of permitting the above named minor to use the personal equipment above, the undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, bodily injury, property damage or wrongful death occurring to him/herself arising in any way whatsoever as a result of engaging in said activity or any activities incidental thereto wherever  wherever the same may occur and for whatever period said activities may continue. The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive discharge and relinquish any action or causes of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, bodily injury, property damage or wrongful death against the Clovis Unified School District or any of its officers, agents, servants, Governing Board Members or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes all risks of bodily injury to his/her minor child, as stated, and expressly acknowledges their intention, by executing this instrument, to exempt and relieve the District, its officers, agents, and employees, from any liability for personal injury, bodily injury, property damage or wrongful death that may arise out of or in any way be connected with the above-described activity. I have read the foregoing and have voluntarily signed this agreement. I am aware of the potential risks involved in this activity and I am fully aware of the legal consequences of signing this instrument. I further acknowledge that the District does not provide liability insurance for this equipment, nor does the District provide medical coverage for participants using this equipment that is defective, damaged, and/or not having the proper safety certifications.

Parent/Guardian Signature

Participant Signature (adult only)

Parent/Guardian Name (Please Print)

Date


Street Address

Telephone Number

City

State

Zip Code

 This waiver needs to be signed and turned in prior to using personal equipment. The school shall hold this waiver in the office for the entire school year.