

CLOVIS UNIFIED SCHOOL DISTRICT

2024-2025 ELEMENTARY ATHLETIC HANDBOOK



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ELEMENTARY ATHLETIC LEAGUES

Buchanan Area	Clovis Area	Clovis West Area	Clovis East Area	Clovis North Area
Century – Tigers Old Gold & Black Brion Warren, Principal	Cedarwood – Hawks Hunter Green, Black & White Amanda Howes, Principal	Ft. Washington – Patriots Navy Blue & Gold Melanie Hashimoto, Principal	Boris – Chargers Royal Blue, Silver & Black Demetra Vincent- Walker, Principal	Copper Hills – Miners Maroon, Navy Blue, Gray & White Matt Papendorf, Principal
Cole – Bulldogs Red & Royal Blue Jennifer Arruda, Principal	Clovis Elementary – Jaguars Navy Blue & Vegas Gold Donelle Kellom, Principal	Liberty – Skyhawks Royal Blue, Kelly Green & White George Petersen, Principal	Fancher Creek – Falcons Royal Blue, Red & White Carisa Cordova, Principal	Fugman – Marlins Black, Blue, White & Silver Jeremy Pierro, Principal
Dry Creek – Panthers Blue & Gold Aaron Cook, Principal	Cox – Cowboys Royal Blue & Gray Karen Majchen, Principal	Lincoln – Lions Cardinal Red & Gold Matt Verhalen, Principal	Freedom – Trailblazers Red, White & Blue Laurel Graves, Principal	Mt. View – Golden Bears Gold, White & Royal Blue Tom Wright, Principal
Garfield – Cubs Red, White & Royal Blue Jennifer Bump, Principal	Gettysburg – Generals Purple & Gold Katie Scalzo, Principal	Maple Creek – Huskies Burgundy, Hunter Green & Gray Gina Kismet, Principal	Hirayama – Heat Red, Vegas Gold, & White Laura Reynolds, Principal	Bud Rank – Ravens Navy & Columbia Blue Ryan Gettman, Principal
Tarpey – Spartans Black & Red Tachua Vue, Principal	Jefferson – Blue Jays Blue, White & Red Andrew Bolls, Principal	Nelson – Roadrunners Green, Gold & White Tom Brocklebank, Principal	Miramonte – Mustangs Orange, Blue & White Michelle Dodson, Principal	Riverview – Rams Red, Navy Blue & Gold Kaitlyn Vargas, Principal
Woods – Wolverines Navy Blue, Silver & Light Blue Cecelia Dansby, Principal	Red Bank – Bobcats Red, Black & Silver Amanda Torres, Principal	Pinedale – Eagles Red, White & Blue Debra Bolls, Principal	Oraze – Bearcats Black, Silver & Emerald Green Sara McAvoy, Principal	
	Sierra Vista – Vikings Columbia Blue & Gold Jennifer Thao, Principal	Valley Oak – Wildcats Columbia Blue & Yellow Julie Duwe, Principal	Reagan – Timberwolves Hunter Green, Navy Blue & Silver Pam Hoffhous, Principal	
	Weldon – Warriors Black, Red & White Ann Castro, Principal		Temperance Kutner - Trojans Blue & Burgundy Andrew Manouelian, Principal	
			Young – Jets Sky Blue, Silver & Red Ray Gamez, Principal	

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ELEMENTARY SCHOOL ATHLETICS PHILOSOPHY AND POLICY STATEMENT

To prepare students for the twenty-first century, the Clovis Unified School District must meet the challenge of providing for the total development of the student. If students are to be successful in life, they must learn how to develop their own personal goals. Athletics provides students with the opportunity to assess and interpret what it takes to be successful. Students who experience the opportunity of participating in athletics will develop the cognitive, affective and psychomotor aspects which permit them to go beyond achieving in athletics to a lifetime commitment to excellence.

The Clovis Unified School District provides an inter-scholastic athletic program in which schools compete with other elementary schools in the district. The goal of our athletic program is to teach and develop the personal qualities of discipline, commitment and sportsmanship associated with being a member of a team.

It is the philosophy of all schools within the Clovis Unified School District to allow upper grade elementary students the opportunity to participate on athletic teams. In fifth and sixth grade, the opportunities are: Boys and Girls Football, Girls and Boys Volleyball, Girls and Boys Cross Country, Boys and Girls Wrestling, Girls and Boys Basketball, Boys and Girls Track, Girls Softball, and Boys Baseball. In fourth grade, the opportunities for Boys and Girls are Cross Country, Wrestling, and Track. All students are encouraged to try out for the team sport of their choice during their semesters of eligibility. The level at which they participate depends on their own individual skill level. The "A" team level is the most demanding and requires the most skill level. The "B" and, in some cases, "C" teams are the developmental part of our athletic programs. "B" and "C" teams are designed to help build skills necessary for advancement to the "A" team level.

It is the general philosophy of each school that every team member who is in good standing should participate to the fullest extent possible. There may be circumstances which would not permit this that are left to the discretion of the athletic coaches and principals. Examples are:

1. **Safety Factor** - students should not play if, in the opinion of the coaches, their safety is in question.
2. **Self-Esteem and Psychological Well-Being** - students should not play if, in the opinion of the coaches, the student would be demoralized by putting them in a situation of certain failure.
3. **Academic Eligibility** - students should not play if they do not meet the district's academic eligibility requirement.
4. **Practice Requirement** - students should not play if they have not met the school requirement for practices which would allow them to play.

It is the policy of each school that every "A" team member who is in good standing shall participate in at least half of the regular league games. For example, if the sport has five league games, an athlete should play in at least three league games.

In all components of the instructional program, the goal is to provide meaningful and appropriate instruction and learning experiences for all students commensurate with their needs and abilities. This goal is applicable to all academic and co-curricular programs such as reading, science, music and athletics.

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.

GENERAL POLICIES

ATHLETIC ELIGIBILITY

1. **CUSD Students.** The elementary eligibility for CUSD is based on the following: Clovis Unified School District's co-curricular program is an extension of the District's curricular program, therefore, for a student to participate in **any** co-curricular or curricular programs provided by the District, a student must attend a CUSD school full time and must meet all CUSD and CIF eligibility requirements.
2. **Home Schooling.** Elementary eligibility is also aligned with CIF Article 30, Bylaw #305, Home Study, Home Schooling. Students who are not enrolled in programs under the jurisdiction of a member school's governing board are not eligible to participate in CIF competition or CUSD elementary athletics. Such programs would include, but not be limited to, home schooling or home study wherein parents or other persons are responsible for instruction and evaluation.
3. **Elementary School Eligibility** (BP/AR 6145)
Parents should refer to Board Policy and Administrative Regulation 6145 for information about their student's athletic eligibility, including athletic eligibility related to promotion and retention.
4. **Appeals**
All appeals related to athletic eligibility must go through the Commissioner of Elementary Athletics. **All decisions are final.**

PARTICIPATION

1. Participation in elementary athletics is generally open to 4th, 5th, and 6th grade students who have not reached their 13th birthday prior to September 1st. The Junior Fresno Relays and Junior Olympic qualifying are governed by the Fresno County Track and Field Committee.

Academic Standards for Elementary Students (Grades K-6, BP/AR 6145)

To reflect the Board's desire that interscholastic athletics, co-curricular, and extra-curricular activities supplement, and not detract from, the academic achievement of District students, each program or activity for students in grades K-6 shall require that a student maintain at least a "C" average in all subject areas.

Elementary School Eligibility

When a student first enters the fourth grade (regardless if it is a District or non-District school), he/she has six (6) consecutive semesters in which to complete his/her elementary school athletic eligibility.

All appeals related to academic retention must go through the office of Student Services and School Attendance.

Attendance In order to participate, a student must be in attendance the majority of the school day of practice and/or performance unless authorized by the principal.

2. Official rosters for each sport must be submitted to the Commissioner's office no later than Monday, after the second (2nd) scheduled game.
3. **Athletes may not participate in two sports in the same season.** An athlete may switch from one sport to another before the official roster is due. Once the athlete makes one switch, they may not return. The only exception is the spring season. An athlete may participate in track and one other sport during the spring season.
4. New students may switch sports prior to the second (2nd) league game in which they are eligible to participate.
5. In accordance with the above stated rules, participation in specific sports is open to the following students:

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

from the opening date of the season to the first regular season game. (See example below)

Example: If Monday is a holiday, schools can practice on Tuesday and Thursday for 1 ½ hours to get to the 3 hours per week. Teams understand that the last ½ hour is optional and students needing to leave for transportation are allowed to leave.

8. All students must practice three (3) hours prior to league competition. Students new to wrestling and football must condition and practice at least six (6) hours prior to league competition.
9. **The track season begins with the spring sports season in February. Athletes may participate in track and one other sport during the spring season only.**
10. **ONE** scrimmage game per sport will be allowed. Scrimmages are not considered a practice.
11. **Varsity game times are as follows:**
Fall – Football, Cross Country and Girls Volleyball **will start at 2:30** – adopted 11/1/23.
Winter – **Boys** Basketball (Varsity and JV) **will start at 2:15.**
Varsity Wrestling will start at 3:00 (JV at 2:15) **Girls** Basketball (Varsity and JV) **will start at 3:15**
Spring – Softball, Baseball and Boys Volleyball **will start at 2:45.**
All games will conclude by 4:15.
12. 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. These athletic events are separate from the practice regulations as written.

VIOLATIONS

Violation of rules 1 through 12 could result in suspension of the head coach for one league game and team forfeiture of one league game.

EQUIPMENT

All uniforms and safety equipment, i.e., helmets, face guards, chest protectors, pads, etc. shall be issued by the district. Personal safety equipment is not allowed unless the **WAIVER, RELEASE AND INDEMNITY AGREEMENT** is signed and returned to the school site. Athletes shall wear school issued uniforms while participating in district- approved competitions.

TEAM MANAGERS

1. Selection and utilization of team managers. Students in grades 4 and above are not required to be eligible for the given sport in order to serve as manager. Students below the 4th grade are not allowed to participate, practice, or act as a manager in any CUSD elementary athletics. The only exception is the Jr. Fresno Relay series of meets sponsored by the Fresno County Track & Field Committee.
2. Gender may not be used as part of the criteria for selection of team managers (e.g., girls may serve as managers for boys' teams, and vice-versa). Managers who are not eligible for a sport may not participate in drills, game situations, or practice of any kind.

ELEMENTARY ATHLETICS DEAD WEEKS

The EAC has declared that there will be a dead week after the fall and winter athletic season.

2024-2025 DEAD WEEK DATES
October 28, 2024 – November 1, 2024
January 27, 2025 – January 31, 2025

All practice rules will be in effect. Practices shall not start prior to the above dates. Any violations will be handled by the

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

1. 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.
2. 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.
3. 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.

Elementary School Activity Restrictions During Poor Air Episodes

The following restrictions have been designed to accompany the San Joaquin Valley Air Pollution Control District's Real-Time Outdoor Activity Risk levels (ROAR).

These guidelines should be followed for **all** students when two consecutive hourly readings from ROAR rise to Level 4 (Red, Unhealthy); and for students diagnosed with asthma, heart conditions or other respiratory ailments (on the nurse's list) when the ROAR reading is Level 3 (Orange, Unhealthy for Sensitive Groups) for two consecutive hours. Students with asthma, heart conditions or other respiratory ailments should not participate in outdoor activities (other than recess) when air quality deteriorates into ROAR Level 4 (Red, Unhealthy) for two consecutive hourly readings.

Type of Student	Level Three (Orange)	Level Four (Red)
Nurse's List Students	Restricted Activities Listed Below	Cannot Participate in Outdoor Activities
Non-Nurse's List Students	Unrestricted Activities	Restricted Activities Listed Below

The following restrictions are outlined by sport/activity:

Cross Country and Track

No track or cross country meets when two consecutive hourly readings of "Red" occur. May still hold practices; but no long-distance running (equal to or greater than respective race) or prolonged conditioning.

Examples of acceptable activities would include: stretching exercises, short games, short runs, fundamental skill building, throws and jumps practices

Football, Volleyball, Basketball, Softball, Baseball, Physical Education

Games can be held as scheduled restrictions apply to practices: No wind sprints, running the mile, prolonged conditioning (don't exceed 8 minutes of strenuous activity).

Wrestling

Games can be held as scheduled restrictions apply to practices: No prolonged conditioning (don't exceed 8 minutes of strenuous activity) - including indoor or outdoor.

Recess

Acceptable to hold recess (lunch, morning and afternoon), but supervisory staff should be watchful of students involved in voluntary activities (tag or soccer) requiring high levels of exertion. Nurse's list students may participate in recess when two consecutive hourly readings are Red.

Scenario: If at 2:00 there is a ROAR reading of "Red", then the school will monitor the second reading to determine what actions will be taken for the event. If the 3:00 reading comes back at "Red" or "Purple" then the school will follow the above protocols. If the ROAR reading is "Purple" at 3:00, then the school must monitor the 4:00 reading to determine if all events will be cancelled.

When the ROAR moves into Level 5 (Purple, Very Unhealthy) for two consecutive readings no students should participate in outdoor activities.

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**

full game uniform, except for helmets. **This includes all pads, proper shoes, socks, etc.** Wrestling shoes are not considered proper shoes.

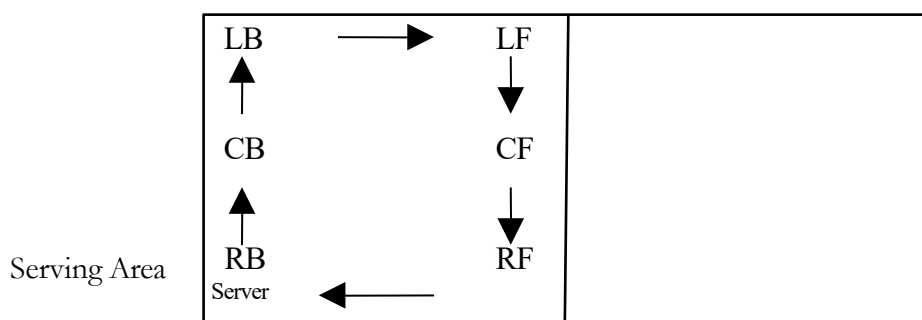
11. An athlete may not practice in uniform or participate in contact unless they make weight as stated, Rule #7. Once certified, an athlete does not have to make weight until the next game.
12. Each home school will furnish first-down markers, down indicators and **adult crews**. In addition, each school shall provide crowd control barriers around each team's bench area.
13. Major penalties are 10 yards, rather than 15 yards.
14. **Colored** mouthpieces must be worn; violation may result in a 10-yard penalty.
15. Molded rubber football cleats may be worn. **No metal screw on cleats may be worn for practice or competition.** Soft soled athletic shoes, such as running, tennis or basketball shoes may also be worn.
16. Three time-outs per half are allowed. Coaches may call time-out from the sidelines.
17. Athletic uniforms may not be issued prior to the first day of school. Also, uniforms may not be passed out during regular school hours, except during lunch recess time.
18. All team uniform safety equipment, i.e. helmets, face guards, chest protectors, pads, etc. must be approved and issued by the district. Personal safety equipment is not allowed unless the **WAIVER, RELEASE AND INDEMNITY AGREEMENT** is signed and returned to the school site. ALL HELMETS MUST HAVE A CERTIFIED STICKER FOR THE CURRENT YEAR. All helmets must be reconditioned every year.
19. **No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead into each other are both permitted.) However, there should be no intentional head-to-head contact!**
20. **The amount of full contact in practice cannot exceed 1 and ½ hours (90 minutes) a week. In this context, "contact" includes drills and scrimmages.**
21. **All weigh-ins for the football carnival must be completed Saturday morning at Lamonica and VMS.**
22. Bowl game participants will be the five Area champions and the second-place team from the **Clovis West** Area. (*see wild card rotation on page 47*)
23. The order of football tie breakers will be as follows: League record; Head-to-Head result; Point Differential in other games (we will use a 9-point differential in case of two teams that are still tied after the first two tie breakers. You must win a game by 9 points to get credit in the tie breaker. Example – if Copper Hills and Fugman win all their games and tie when they play each other, the scores of **all league** games will be compared. As long as you beat a team by 9 points or more, you get credit in the tie breaker. If you beat a team by less than 9, you don't get credit for that game. Beating a team by more than 9 doesn't factor into the tie breaker – please do not run up scores. A 22-to-12-win counts for the tie breaker the same as a 42-0 score.) 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 9+ 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.

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

for the serve after swinging at it for an apparent serve does not constitute an illegal serve if the ball is served within five (5) seconds.

8. A legal hit is contact with the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest even momentarily.
 - a. Simultaneous contacts of the ball:
 1. Touches of the ball made at the same instant by one (1) player with two (2) or more parts of the body are permitted and considered one (1) play.
 2. Simultaneous contacts are to be permitted by teammates and are considered as one (1) play; either player involved may participate in the next play.
 - b. Successive contacts of the ball:
 1. Successive contacts occur when one (1) player makes two (2) separate touches of the ball with no interruption between the two (2) touches,
 2. One player shall not be permitted, except on a ball which rebounds from one part of a player's body to another (excluding forearm or hand to forearm or hand) in one attempt to save a hard-driven spiked ball not already touched by a teammate, or
 3. By a player in one attempt to block.
9. If a served ball hits the net and goes over the net, it is considered a "live" ball that is in play.
10. Players must be in position at serve; after the serve, the players may move from their respective positions. No back-line player can spike at the net. Only front line may block.
 - a. Back line players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
11. It is a foul when a player touches or reaches over the net, steps across the line under the net, or when the player catches or holds the ball. Fouls committed by serving team is side-out. Foul by receiving team is point for serving team.
12. The ball momentarily coming to rest in the hand or hands of a player shall be considered as catching or holding the ball. The ball must be clearly batted. Scooping, lifting, or shoving the ball shall be considered as holding.
13. All lines are in bounds.
14. A player may leave court to play an out-of-bounds ball as long as the player does not cross the line extended from the net. However, the ball must cross the net between the sidelines.
15. Substitutions shall be made during a dead ball without delay. Substitutes must report to the referee. The position of the substitute shall be that of the player replaced without change in service order. A player is limited to three (3) entries during a game. Starting the game counts as one (1) entry. A re-entry player must assume the original position in relation to the teammates in serving order.
16. District Championship tournament will include the five Area champions plus the second-place teams from the **Clovis High, Clovis East, and Clovis West** Areas for the girls and **Buchanan, Clovis High, Clovis West** Areas for the boys. (*see wild card rotation on page 47*)
17. All cross-over and championship volleyball games will be played on grass courts.
18. The volleyball tie breakers will be as follows: League record; Head-to-Head result: minimum number of sets (we will look at the number of sets needed to win games. If Nelson and Fort Washington are tied after looking at league record and head-to-head result, each game against other league opponents will be compared by number of sets. If Nelson won all their other games in two sets and Fort Washington took three sets to win a game, Nelson would go to the play-offs. If teams are still tied, a coin flip will determine the play-off participant. If a team wins in two games, teams are encouraged to play a third game for the players who did not get in the first two games.

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.

CROSS COUNTRY

GENERAL INFORMATION

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

TEAMS

1. A cross country team shall consist of five (5) members or more.
2. Each elementary school shall have four (4) cross country teams.
 - a. One 4th grade girls team - 1 mile
 - b. One 4th grade boys team - 1 mile
 - c. One 5th/6th grade girls team - 1 mile
 - d. One 5th/6th grade boys team - 1 mile

RULES

1. Fall athletic rosters are due **Monday, September 23, 2024**.
2. An example of scoring shall be as shown in the following table:

Place of Finish	1 st	2 nd	3 rd	4 th	5 th	
Points	1	2	3	4	5	etc.

3. All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall be determined by totaling the points scored by the first five finishers of each team.
4. If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded.
5. Tie-Breaker - It is a tie if two (2) or more teams score the same number of points. **In case of a tie**, the high school tie breaker procedure will be in effect. The team with the best sixth (6th) place finisher shall prevail.
6. The order of races in dual meets shall be:

5th/6th grade girls
5th/6th grade boys
4th grade girls
4th grade boys

(Unless mutually agreed upon by both schools).

The order of races for the District Individual Championships will be:

4th girls
4th boys
5/6 girls
5/6 boys

7. The 6th, 7th, 8th, 9th, and 10th runners and so on, of a team do not score points toward their team total. Places, if better than those of any of the first five (5) of an opposing team result in an increased score for that opposing team.
8. Area dual meet competition will determine the Area champion. The 5th/6th grade divisions have a value twice that of the 4th grade division in the final league standings.

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.

WRESTLING

GENERAL INFORMATION

1. All **competition** will be according to Elementary Athletic Committee and guided by CIF rules, with some exceptions. Hair length and skull caps must meet NFHS dress code rules.
2. 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.
3. The responsibility of the referee is primarily for the safety of the wrestlers through the proper interpretation and application of the rules governing the sport of wrestling.

RULES

1. Winter rosters are due **Monday, December 9, 2024**.
2. A wrestling season has two components, dual matches and the Area championship tournament. Each component constitutes 50% of the final league standings.
3. Weight classes shall be known as 57 lb., 63 lb., 68 lb., 72 lb., 77 lb., 82 lb., 87 lb., 93 lb., 99 lb., 106 lb., 114 lb., 122 lb., 135 lb., 160 lb. Dual matches will start with the weight class drawn at the start of the match. For example: The random draw results in the 93 lb. weight class as the first match. The normal sequence starting with 93 lbs. will occur with the 57 lb. match following the 160 lb. match. The 87 lb. match would be the last match of the dual.
4. All wrestlers will be weighed in their school issued wrestling singlet only, no shoes or other apparel. Wrestlers' weight with singlet shall be their net weight and wrestle according to all other weight rules.
5. Athletes shall wear school issued uniforms while representing and participating in district competitions.
6. A growth allowance of one (1) pound will be added to each weight class beginning January 1st. An additional one (1) pound will be added for the championship tournaments. This is a net increase of two (2) pounds per weight class.
7. **The weight certification match will be the last match before winter break.** Bye teams will certify as though there was a match. (If a wrestler was not present on the day of certification, then their certification weight would be on the previous dual. No certification will be given after the start of winter break. If a wrestler did not wrestle in any matches prior to certification, they will be allowed not to participate in the area championships – **Adopted 1/31/24**. The weight certification establishes the minimum weight that a wrestler may compete for all dual and tournament competitions after the certification match.

A wrestler *must* be put in the minimum weight class as indicated by his actual certified weight.

A wrestler over the 161 pounds at certification WILL NOT WRESTLE for the remainder of the season.

8. Wrestlers certifying in the 99 pounds class and below may wrestle one (1) weight class above their actual certified weight. Wrestlers certifying in the 106 pounds and above may wrestle no more than two (2) weight classes above their actual certified weight.
9. Wrestlers shall have wrestled a minimum of two (2) Area matches, Jr. Varsity or Varsity, (*at their certified weight or above rules 7-9*), to qualify for a seed in the championship tournament.
10. All weigh-ins shall be held just prior to the beginning of each competition and conducted under mutual agreement by opposing schools. Once all wrestlers are weighed, the scales shall be closed.

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

wrestlers from the league championship tournament to the Y's Men's Tournament.

3. All qualified wrestlers WILL WEIGH-IN at the Y's Men's Individual Wrestling Championships. The weigh-ins will be on the morning of the Championships. Wrestlers have one chance to weigh-in during the official weigh-in period.
4. Individual medals will be awarded to the top 6 placers at the Y's Men's Tournament.
5. In the Area Championship, FIRST ROUND ONLY, the winning wrestler will be awarded advancement points, but WILL NOT be awarded any bonus points.

MATCH SCORING

1. Points are awarded during a match for accomplishment of the following methods:
 - a. Take-down - from a neutral position, wrestler takes opponent down to the mat and gains complete control. **Point value: 2 points.**
 - b. Escape - defensive wrestler gains a neutral position. **Point value: 1 point.**
 - c. Reversal - defensive wrestler gains a position of advantage without becoming neutral in the process. **Point value: 2 points.**
 - d. Near-fall - offensive wrestler holds opponent's shoulder to the mat within four (4) inches or 45 degrees with full control **continuously for two seconds**, 2-points are awarded. If held in this position **continuously** for five seconds, 3-points are awarded. Points are not awarded until the situation has ended. The wrestler in the advantage position is awarded 2-points when near-fall criteria are met or if the defensive wrestler is injured or bleeding just prior to near-fall criteria being met. If the 2-point criteria are met and the injury or bleeding occurs a 3-point near fall shall be awarded. When the criteria are met for five seconds, or if the defensive wrestler is injured or bleeding after near-fall criteria are met, a 3-point near-fall shall be awarded. If the defensive wrestler is injured or bleeding after a 3-point near-fall has been earned, a 4-point near fall shall be awarded. A visual hand count shall be used when feasible.
 - e. Fall - any part of the shoulder or area of scapula held in contact with the mat for two (2) full seconds constitutes a fall. **Point value: the match.**
 - f. **A technical fall occurs when a wrestler has earned and been awarded a fifteen (15) point advantage over the opponent.**

PENALTY POINT

1. Illegal actions are classified into two (2) categories:
 - a. Unnecessary roughness/illegal holds -
 1. Unnecessary roughness: primarily, any act that goes beyond that of aggressive wrestling becomes unnecessary roughness. Any intentional act which endangers life or limb shall become grounds for disqualification on the first infraction if act is considered flagrant.
 2. Illegal holds: twisting or forcing of the head or any limb beyond its normal limits of movement.
 3. Potentially dangerous holds: legitimate holds which force limbs beyond their normal limits. In this case, action should be promptly stopped, no points penalized, and wrestling resumed in the center of the mat.
 - b. Technical violations –
 1. Delaying the match.
 2. Going off the mat or forcing opponent off to avoid wrestling.
 3. Grasping clothing, mat, or cover is not permitted.
 4. Interlocking hands by offensive wrestler in a position of advantage on the mat.
 5. Leaving the mat without permission.
 6. Stalling.

On all the violations, except for warning and penalizing a defensive wrestler on the mat for stalling, the referee shall stop the match and announce the violation.

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

<i>Match Result</i>	<i>Point Value</i>
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

<i>Result</i>	<i>Point Value</i>
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).

COACHES' CONDUCT: As long as it does not interfere with the progress of the match coaches may address the official from the bench to "ASK" the following types of questions;

- Was there a near fall?
- Was that a takedown, escape, reversal, etc.?
- Is the score right?
- Did time run out?

➤ **ONCE THE OFFICIAL HAS ANSWERED THE COACH'S QUESTION, THE COACH MUST ACCEPT THE OFFICIALS RESPONSE** in good faith and with Good Sportsmanship (Character Counts) or CALL TIME OUT AT THE SCORE TABLE. Once at the score table, if the official does not change his mind, the head coach will be charged with misconduct. Questioning the official's judgment at any time will result in the following (this goes against the head coach):

- First offense – warning
- Second Offense – minus 1 team point
- Third Offense – minus 2 team points and ejected from the competition AND the head coach will be unable to attend the next competition.

Coaches may NOT do the following without consequence:

- a. Question the official's "judgment," OR make comments such as, but are not limited to: "He's stalling," "He wasn't pinned," "Make him wrestle" or demonstrate in anyway discontent or disagreement with the call. This type of conduct will not be tolerated and result in the following:
 - Unsportsmanlike Conduct – minus 1 team point (no warning)
 - Second Offense – minus 2 team points and removed from the premises immediately. (This goes against the individual)

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.
7. 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.

13. Violations are rule infractions not involving fouls. The opposing team will get the ball out-of-bounds for the following violations:

- a. Double Dribble - A dribble is bouncing the ball with one (1) hand. The player dribbling can take as many steps as he wishes between bounces and bounce the ball as often as desired. The dribble is complete when the ball comes to rest in one or both hands. The hands can be alternated during the dribble, but the ball cannot be palmed. One air dribble is an infraction of these dribbling restrictions. Unintentional fumbling of the ball does not cause double dribbling.
- b. Ten Second Violation - When a team gains control of the ball in its back court, that team must advance the ball to its front court within a period of ten (10) seconds. The center line is entirely in the back court.
- c. Ball is Out of Bounds - When a ball touches a player, other person, floor, ceiling, overhead equipment, or supports which are outside a boundary, or when it passes over rectangular backboard. (The edge of the backboard is in bounds).
- d. A player must take a free throw within ten (10) seconds after being handed the ball. If free throw is missed and the ball does not touch the rim, it is a violation. The free thrower cannot step across the foul line until the ball hits the rim. Other players cannot step into the free throw lane's vertical plane, until the basketball is released by the thrower.
- e. Three Second Violation - Offensive player being within free throw lane from foul to end lines more than three (3) continuous seconds when the offensive team controls the ball.
- f. Traveling - Running with the ball is a violation, except within the following limitations:
 1. A player who receives the ball while standing still may pivot, using either foot as the pivot foot, and the other foot can take any number of steps, provided the pivot foot holds its position.
 2. A player who receives the ball while running or upon completion of a dribble may pivot with the foot that is touching the floor, is first to touch the floor, or either foot, if they touch the floor simultaneously. However, if a player receives the ball while both feet are off the floor and alights on one foot, or catches the ball with only one (1) foot on the floor, the player can jump and alight with both feet simultaneously, but may not pivot before releasing the ball.
 3. Any player can lift either foot or jump before passing or throwing for a goal. However, the ball must leave the hands before the pivot foot again touches the floor.
 4. A player must start dribbling before the pivot foot leaves the floor.
- g. Intentionally kicking the ball or striking it with the fist or excessively swinging the arms and elbows by the player in possession of the ball.
- h. Violating any of the jump ball regulations.
- i. Stepping into free throw lane vertical plane before the ball hits the rim. If violation is by team not taking foul shot, it is ignored if free throw is successful.
- j. Causing the ball to go out-of-bounds or violating the throw-in regulations. Any player of the team not causing the ball to go out-of-bounds has five (5) seconds to throw the ball into play. No player can come within three (3) feet of player throwing in. Whenever the designated throw-in spot is directly behind a backboard, the throw-in shall be made from the nearer free throw lane boundary line, extended. Boundary lines are out-of-bounds. A basket cannot be scored on the throw-in and such an act is a violation. When in doubt of which player or team caused the ball to go out-of-bounds, the official puts the ball into play by the alternating possession procedure.

14. Fouls - An infringement of a rule (except for specified player control foul or double foul) for which one or more free throws are given. A double foul occurs when fouls are called upon players of both teams simultaneously.

- a. Specified player control foul - After a common foul committed by a player or a teammate while in control, no foul shot is taken, and the other team is awarded the ball out-of-bounds for a throw-in.
- b. Personal foul - Penalty is two (2) free throws if committed on a player who is in the act of shooting, provided the goal is missed. If a goal is made, one (1) penalty shot is awarded. After the sixth personal foul in a half, if the free throw is successful, a second throw is awarded.
Personal fouls are: - holding, pushing, charging, blocking, tripping, socking, unnecessary roughness, or impeding the progress of an opponent by extending an arm, shoulder, hip, knee, or by bending the

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.

SOFTBALL

GENERAL INFORMATION

1. All competition will be according to Elementary Athletic Committee and guided by ASA Fast Pitch, Under 12 rules, with some exceptions.
2. Base dimensions: 60', Pitching distance: 40'.

TEAMS

Each school will have at least two softball teams, Varsity and Jr. Varsity, which may consist of girls in the 5th or 6th grades.

EQUIPMENT

All uniform safety equipment, i.e. helmets, face guards, chest protectors, pads, etc. must be issued by the District. Personal safety equipment is not allowed unless the **WAIVER, RELEASE AND INDEMNITY AGREEMENT** is signed and returned to the school site.

RULES

1. Spring rosters are due **Monday, March 3, 2025**.
2. **Varsity softball & baseball games will start at 2:45. Games are complete after 5 innings. No new innings will begin after 4:05 p.m. and the game will conclude by 4:15. If an inning is not completed due to the time limit, the score will revert back to last complete inning. If a game is tied after 5 innings, it remains a tie.** Time between innings shall be approximately one (1) minute. Maximum warm-up pitches are 5 pitches.
3. Substituting a Pitcher:
 - a. A pitcher leaving the game for a substitute may not re-enter as a pitcher.
 - b. A pitcher may exchange positions with a substitute and return to pitcher one (1) time.
 - c. Starting players may be substituted or replaced and re-entered once. The substitute and re-entered player must occupy the same batting position in the original line up.
 - d. Designated Player: A player may play as a defensive player but may not bat, allowing a designated player to bat but not play as a defensive player.
4. **Jr. Varsity only** - Inning limits, only when a team becomes six (6) or more runs ahead.
 - a. Scores six runs in an inning and/or
 - b. Bats through the line-up once during anyone (1) inning regardless of outs.
5. Sliding is allowed according to ASA under 12 rules.
6. A player may NOT leave a base until the pitch crosses home plate. Violations result in an out.
7. A batter is OUT, whether or not the catcher drops the third strike.
8. The in-field fly rule will be in effect.
9. There will be no home run line. A batter may attempt as many bases as they can legally touch.
10. Shoes with metal or hard plastic cleats or spikes are prohibited.
11. Each team may bat 9 position players, **or** they may bat 9 position players and 1 extra hitter (EH).
12. All bats must clearly say "Official Softball" and be ASA approved.
13. Protective headgear 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. 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.

BASEBALL

GENERAL INFORMATION

1. All competition will be according to the Elementary Athletic Committee and guided by Cal Ripkin division rules and regulations, including the re-entry rule, with some exceptions.
2. Base dimensions: 60 feet. Pitching mound distance: 46 feet.

TEAMS

Each school will have two (2) baseball teams: Varsity and Jr. Varsity, which may consist of students in the 5th or 6th grades.

EQUIPMENT

All uniform safety equipment, i.e. helmets, face guards, chest protectors, pads, etc. must be issued by the District. Personal safety equipment is not allowed unless the **WAIVER, RELEASE AND INDEMNITY AGREEMENT** is signed and returned to the school site.

RULES

1. Spring rosters are due **Monday, March 3, 2025**.
2. **Varsity softball & baseball games will start at 2:45. Games are complete after 5 innings. No new innings will begin after 4:05 p.m. and the game will conclude by 4:15. If an inning is not completed due to the time limit, the score will revert back to last complete inning. If a game is tied after 5 innings, it remains a tie.** Time between innings shall be approximately one (1) minute. The maximum warm-up pitches are 5 pitches.
3. Substituting a Pitcher:
 - a. A pitcher leaving the game for a substitute may not re-enter as a pitcher.
 - b. A pitcher may exchange positions with a substitute and return to pitcher one (1) time. In both circumstances the player must remain in the original batting order.
4. Pitchers are limited to five (5) innings per calendar week (Monday thru Friday), or one (1) complete game per week. (A complete game is one that starts and finishes either by inning or time limit.) If a pitcher delivers one pitch in an inning, the pitcher will be charged for one inning pitched.
 - a. A pitcher must have two (2) days rest between pitching assignments if they pitch three (3) innings in one game.
 - b. Games in which an ineligible pitcher is used shall be declared forfeit.
 - c. Designated Hitter (DH): A player may be placed on the roster as a designated hitter ONLY. The DH will be one of the nine batters on the roster.
5. **Jr. Varsity**/option for varsity by a coaches' agreement - Inning limits, only when a team becomes six (6) or more runs ahead.
 - a. Scores six (6) runs in an inning and/or
 - b. Bats through the line-up once during anyone (1) inning regardless of outs.
6. Each team may bat 9 position players, **or** they may bat 9 position players and 1 extra hitter (EH).
7. A player may NOT leave a base until the pitch crosses home plate. Violations result in an out.
8. A batter is OUT, whether or not the catcher drops the third strike.
9. The infield fly rule will be in effect.
10. There will be no home run line. A batter may attempt as many bases as he can legally touch.
11. Shoes with metal cleats or spikes are prohibited.

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.

TRACK

GENERAL INFORMATION

1. All track events are conducted according to the Elementary Athletic Committee and guided by the Junior Fresno Relays and Junior Olympic rules with some modifications for the Clovis Unified Elementary Athletic Program.
2. **The track season begins with the spring season in February.** All other rules are in force. An athlete may participate in track and one other spring sport.

RULES

1. Each school shall have a track team of the following divisions for both girls and boys:

4th grade	5th grade	6th grade
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2. Junior Fresno Relay and Junior Olympic rules and events are determined by the Fresno County Track and Field Committee. Rules and events will be distributed when available.
3. The divisions shall have the following events:

4th grade	5th grade	6th grade
100 meter	100 meter	100 meter
200 meter	200 meter	200 meter
400 meter	400 meter	400 meter
800 meter	800 meter	800 meter
1500 meter	1500 meter	1500 meter
400 meter relay	400 meter relay	400 meter relay
High jump	High jump	High jump
Long jump	Long jump	Long jump
6 lb. Shot Put	6 lb. Shot Put	6 lb. Shot Put

4. The Clovis Unified Elementary Area Qualifying and Championship track meets will be held at the end of the season.
5. Each school may **send 2 participants per event to the Area Championships. (Clovis North Area can send 3 because of only having 5 schools in the Area.)**
6. **Each area will qualify 3 participants per event, including the relay, to the District Championships.** Teams are limited to one (1) relay team per division. Team points will be kept to determine a District Champion. **(Even though CN Area may send 3 participants per school to their Area Championship, they are only allowed to qualify 2 participants per event for the district championships.)**
7. Athletes may not participate without shoes. Track shoes may be worn. **3/16" PYRAMID SPIKES MAY ONLY BE USED ON ALL SYNTHETIC SURFACES.**
8. The order in which competitors take their preliminary trials in field events shall be determined by lot or by the games committee.
9. **The 100m, 200m, 400m and 4 x 100 are run in lanes. The 800m & 1500m are a waterfall start.**

FIRST AID PROCEDURES

It is essential that coaches and trainers know the signs of heat exhaustion and heatstroke. The chart below should be reviewed frequently during the season when football and training hazards that accompany it are rare in the spotlight. It is recommended that short water breaks be scheduled every 15 to 25 minutes.

	<u><i>HEATSTROKE</i></u>	<u><i>HEAT EXHAUSTION</i></u>
<i>FACE</i>	Red and flushed	Pale
<i>SKIN</i>	Hot and dry	Moist
<i>TEMPERATURE</i>	Extremely high	Normal
<i>PULSE</i>	Strong and rapid	Weak and rapid

HEATSTROKE

Heatstroke is caused by high body temperature, salt loss, and dehydration. The body's mechanisms for dissipating heat will have stopped working, and a tremendous increase in body temperature will occur rapidly. Heatstroke is a medical emergency and must be treated as a life-threatening situation. The signs and symptoms of heatstroke are as follows: dizziness, physical weakness, confusion, euphoria, unconsciousness and exceedingly high temperature, Skin will be hot to the touch, flushed and extremely dry. Pulse rate will be strong and rapid.

FIRST AID PROCEDURES

Coaches and trainers must review first aid treatment with the team physician before the season starts. Because heatstroke is caused by the body's acute inability to lose heat rapidly, the following steps must be taken immediately:

1. Make immediate arrangements to have the athlete transported to the nearest medical facility. Severe neurological, circulatory, and hepatic (liver) conditions may occur if quick and definitive medical attention is not sought.
2. Remove all clothing and pads and place the athlete in the coolest available place.
3. Cool the athlete's body by any means possible. Many physicians recommend placing the victim in an ice bath. Any method, however, that would help lower the body temperature (cold water, chemical cooling packs, ice rubbed vigorously over the body) would suffice.
4. If the patient can cooperate, give cold drinks to aid in heat loss.

HEAT EXHAUSTION

Heat exhaustion is sometimes difficult to recognize. Its symptoms generally are less severe than those of heatstroke and vital signs may even appear normal. Coaches should look for the following signs to determine if the victim is suffering from heat exhaustion:

1. The victim may experience progressive weakness, inability to work, and loss of appetite.
2. The skin is usually moist and clammy and may be pale or ashen gray.
3. The pupils may be dilated, and the pulse may be weak and slightly more rapid than normal (less than 100).
4. The victim is usually conscious, but it is not uncommon for fainting to occur.
5. The victim may be suffering from muscle cramps.

FIRST AID PROCEDURES

Heat exhaustion is an emergency situation, but it usually is not life-threatening. The following first aid steps should be followed:

1. The athlete should lie in the coolest available place and be given cool drinks.
2. Encourage the athlete to drink as much as possible.
3. Remove excess clothing and rub the athlete's body with a cool, wet cloth.
4. The athlete should be instructed to stay out of the heat for the rest of the day and be taken to a hospital in case of other complications.

CONCUSSIONS – CIF Bylaw 313

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives written clearance to return to play from that health care provider.

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

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

YES

- 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

- Cool, moist, pale skin
- Weakness & fatigue
- Sweating, headache
- Vomiting, nausea
- Confusion, dizziness
- Muscle cramping

Heat Stroke

- Red, hot, dry skin
- High temperature
- Rapid, weak pulse
- Rapid, shallow breathing
- Seizure
- Loss of consciousness

Contact responsible school nurse or administrator & parent or legal guardian.



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports *one or more* symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept 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.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

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 Coaches

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.**

CIF Bylaw 313 - Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

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).
- "Don't feel right."
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

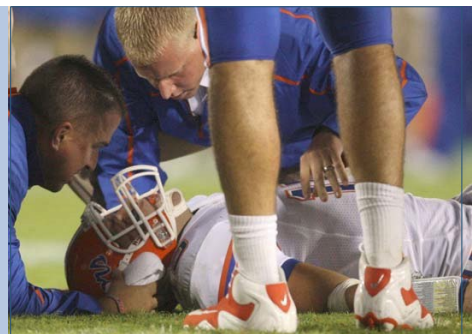
Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

WHAT YOU SHOULD DO IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Close observation of the athlete should continue for several hours. The new "CIF Bylaw 313" now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes.



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



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



CONCUSSION

A Fact Sheet for Parents/Guardians

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.**

CIF Bylaw 313 - Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

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).
- "Don't feel right."
- Feeling sluggish, foggy or groggy.
- 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 CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

WHAT YOU SHOULD DO IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Close observation of the athlete should continue for several hours. The new "CIF Bylaw 313" now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

WHEN IN DOUBT, GET CHECKED OUT.

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

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?

Basic steps 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 groggy.
- 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.cifstate.org/health_safety/ & www.cdc.gov/concussion/



Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their play-

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

ing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a

victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse

Early Recognition of Sudden Cardiac Arrest

Collapsed and unresponsive. Gasping, gurgling, snorting, moaning



or labored breathing noises. Seizure-like activity.

Early Access to 9-1-1

Confirm responsiveness. Call 9-1-1 and follow dispatcher's instructions. Call Emergency Responders.



Early CPR

Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch deep chest compressions— about 100 per minute.



Early Defibrillation

Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a rescuer to use in an emergency situation.



Early Advanced Care

Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transport to a hospital.



Cardiac Chain of Survival Courtesy of Parent Heart Watch

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
- Fainting 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

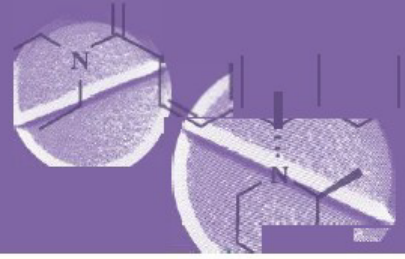
California Interscholastic Federation
<http://www.cifstate.org>

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

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



PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

As many as
1 in 4
PEOPLE*



receiving prescription
opioids long term in a
primary care setting
struggles with addiction.
*Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



American Hospital
Association®

May 9, 2016

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 1-800-662-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

**CLOVIS UNIFIED SCHOOL DISTRICT
CERTIFIED COACHES' PERFORMANCE EVALUATION
ELEMENTARY (Rev. 7-1-20)**

Name _____ ID # _____ School _____ Title: _____ Level: _____ Sport: _____

Years of Experience: _____ First Aid Expires: _____ CPR Expires: _____

To the Athletic Director: Mark ALL appraisal factors.

<p>1. SAFETY: The coach provides a safe environment for his/her athletes.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>	<p>6. NON-DISCRIMINATION: The coach has demonstrated knowledge and skill in dealing with racial and gender discrimination.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>
<p>2. ROLE MODEL: The coach models for his/her athletes and colleagues fair play, sportsmanship and appropriate conduct.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>	<p>7. ATHLETIC CODE OF CONDUCT: The coach has demonstrated knowledge of the Athletic Code of Conduct and the ability to implement the Code.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>
<p>3. SUPERVISION: The coach provides effective supervision and control of his/her athletes.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>	<p>8. PRE-SEASON MEETING: The coach has conducted an effective pre-season meeting with parents or legal guardian of his/her athlete covering the following: Athletic Code of Ethics, Academic Requirements, Consent form and CIF Code of Ethics.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>
<p>4. RESPECT: The coach effectively encourages his/her athletes to respect officials, faculty, athletes and other coaches.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>	<p>9. RULES, REGULATION AND LAWS: The coach demonstrates knowledge of District, League, Section and State rules and regulations and works within their boundaries.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>
<p>5. CARE OF EQUIPMENT AND FACILITIES: The coach effectively cares for District equipment and facilities.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>	<p>10. INTERPERSONAL RELATIONSHIPS: The coach demonstrates the skills to communicate and work through issues with the athletic director, coworkers, athletes and parents.</p> <p>PERFORMANCE RANKING 1 2 3 4</p>

Commendations:

Recommendations:

Coach Comments:

If necessary, please use a separate sheet of paper and attach to this form.

The Athletic Director has explained the basis of this report to me and I understand its implications.

Signature of Coach

Date

Signature of Supervisor

Date

Area Superintendent Reviewed _____

Date _____

Then evaluation will be sent to HR for file

1= Not Acceptable
2= Needs Improvement
3= Meets the Expectation
4= Exceeds the Expectation

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 or however 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.

CUSD Elementary Athletic Championships – Wild Card Rotation

<u>Area:</u>	<u>Buchanan</u>	<u>Clovis High</u>	<u>Clovis East</u>	<u>Clovis North</u>	<u>Clovis West</u>
Football	2021, 2026	2025, 2030	2022, 2027	2023, 2028	2024, 2029
Girls VB	22,23,25,27, 28,30	21,22,24,26, 28,29	21,23,24,26, 27,29	21,23,25,27, 29,30	22,24,25,26, 28,30
Boys BB	23,25,26,27, 29,31	22,24,25,27, 28,30	22,24,26,28, 30,31	23,24,26,28, 29,31	22,23,25,27, 29,30
Girls BB	22,23,25,27, 29,30	22,24,26,28, 30,31	23,24,26,28, 29,31	23,25,26,27, 29,31	22,24,25,27, 28,30
Boys VB	23,25,26	22,24,25	22,24,26	23,24,26	22,23,25
Softball	22,23,25	22,24,26	23,24,26	23,25,26	22,24,25
Baseball	2024, 2029	2023, 2028	2025, 2030	2026, 2031	2022, 2027

UPDATED 8/1/23