



CIF-San Diego Section  
2131 Pan American Plaza  
San Diego, CA 92101  
Phone (858) 292-8165  
Fax (858) 292-1375  
[www.cifsds.org](http://www.cifsds.org)

**CONSENT FOR 14-YEAR-OLD STUDENT TO PARTICIPATE IN VARSITY FOOTBALL COVER SHEET  
(REVISED 3/3/05)**

State CIF Rule 1900 allows athletes under 15 years of age to participate in varsity football on the following conditions:

- A. Participant must be at least 14 years of age;
- B. A letter is provided from a licensed medical practitioner that the student is able to compete at the varsity level;
- C. A signed consent statement from the parents, or legal guardian, allowing participation at the varsity level is completed;
- D. A statement from the head coach that the student-athlete has the physical and mental maturity to compete at the varsity level is provided;
- E. A statement of compliance has been forwarded by the principal to the section office verifying that all required documentation has been completed and is on file in the appropriate school office.

Attached please find a copy of the parent/guardian consent form and the principal's verification form that the student has satisfied all requirements in order to request participation of a 14-year-old in football contests or scrimmages (duplicate forms as needed).

The letters from the doctor and the football coach as well as the parent consent form are to be kept on file at your school. A copy of the principal's verification form must be sent to the CIFSDS Office prior to the first contest. If you have any questions or concerns regarding this information, please call the CIFSDS Office 858-292-8165 or email [jerrycifsds@gmail.com](mailto:jerrycifsds@gmail.com)



CIF-San Diego Section  
2131 Pan American Plaza  
San Diego, CA 92101  
Phone (858) 292-8165  
Fax (858) 292-1375  
[www.cifsds.org](http://www.cifsds.org)

## PARENT/GUARDIAN CONSENT FORM FOR 14-YEAR-OLD STUDENT TO PARTICIPATE IN VARSITY FOOTBALL

By signing the form below, we give permission for our 14-year-old student to participate in varsity football:

Student's Name: \_\_\_\_\_  
(Please print)

School: \_\_\_\_\_  
(Please print)

(Two signatures are required)

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



CIF-San Diego Section
2131 Pan American Plaza
San Diego, CA 92101
Phone (858) 292-8165
Fax (858) 292-1375
www.cifsds.org

VARSITY FOOTBALL PARTICIPATION FOR FOURTEEN-YEAR-OLD STUDENTS

(To be completed for any 14-year-old student playing varsity football.)

This is to verify we have documentation on file stating approval by a doctor and the parent/guardian of each 14-year-old student participating in varsity football listed below:

Table with 3 columns: Student's Name, Grade, Date of Birth. Multiple empty rows for data entry.

Name of School: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

FAX OR MAIL TO THE CIF-SAN DIEGO SECTION OFFICE PRIOR TO THE FIRST CONTEST:
CIF-SAN DIEGO SECTION
2131 PAN AMERICAN PLAZA
SAN DIEGO, CA 92101
FAX: 858-292-1375